Mrs Rorer's Key to Simple Cookery

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Mrs. Rorer's Key to Simple Cookery

By Mrs. Sarah Tyson Rorer

Author of The Philadelphia Cook Book, Mrs. Rorer's New Cook Book, Diet for the Sick, and many other works on cookery

ARNOLD AND COMPANY

PHILADELPHIA

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Introduction

In the making of this book my aim has been to educate the housewife in a better understanding of simple cookery. Many of the data have been presented in my lecture courses this last year, and, if one can judge from expressions of approval, the ideas are worthy of permanent record.

The book sets forth my own methods, gained from forty-six years of practical housekeeping, in which time as well as money had to be considered.

The following of recipes without the knowledge of their general construction, (hand-to-mouth cookery) always means drudgery. One must know how to build a dish from materials at hand or accessible in the neighborhood market; how to substitute one ingredient for another without upsetting the balance of the meal, and how to use one recipe for many dishes.

What I say will certainly appeal to the thoughtful and intelligent women who are searching for a more simple and artistic method of living. A careful study of the methods herein given, will enable even those uneducated in cookery lore to have a good table at little cost of time.

It is a book of principles, not recipes, which if put into practice will reduce the cost of our present high living, and remove the unattractive drudgery from the kitchen and the sameness from the table.

Most women, especially those who dislike cookery, work hurriedly, without forethought. They never read the instruction pages at the beginning of the chapters; they pass on to the finish before they have made a good beginning. All jewels of knowledge are cast aside.

I do not believe that all women can be good cooks any more than every man can be made a tailor. To become efficient in cook-

ery one must be trained the same as for any other trade or profession.

I know that good, simple, artistic cookery for a small family is not in the least drudgery. The proof of the pudding is in the eating. I am able to do all my own cooking, entertain over the week ends, without fatigue and without spending much time in the kitchen. I must keep up my desk work and sewing. I do my own cooking because I have learned to do it by system, which makes it very easy, and I can have a better table at less cost. The average cook is able to make many nice-looking dishes, but they are so colorless in flavor. The individual touch of the trained hand counts for so much. The tablespoonfuls of things the cook throws away, that you use, make a simple meal satisfying. She has a garbage can, you have not. "Many eat, but few know how to dine." This book will teach you to cook as no recipe book can.

Make out your bills of fare at least a week in advance, think it all out, and then the time of actual preparation will be very short.

Study how the left-overs can be used, and collect the materials before you begin the meal. Then stand still before your work table and do the actual preparation without taking a step. Before you is the table, back of you the stove. Re-arrange your kitchen if necessary, have things convenient, so that cookery becomes only one of the many pleasant household duties.

Sarah Tyson Rorer

1917.

What to Eat and How to Cook It

This chapter is intended for persons who are considered in good health and wish to keep so. Diet for the sick and diet for the well are not interchangeable, nor is an invalid's diet good for a child or a child's diet good for an invalid. Each disease needs its own special feeding, and easily digested foods if they are incorrect will not aid in a cure. For instance, if a person has any form of Bright's Disease, red meats are objectionable. Boiling or roasting would not make them advantageous, in fact it might make them worse. As boiled meat is more easily digested than fried meat, the patient might get more albumin on account of the better method of cooking.

A man whose occupation requires him to be a large part of the day in the open air may eat a rather heavy breakfast and then skip his luncheon, making his night meal the main meal of the day. A man confined in a close and ill ventilated office would do well to eat an exceedingly light breakfast, a very light luncheon and his heavy meal after his work is finished. Then he should eat a well planned meal, slowly, and rest or amuse himself for at least one hour.

We do not for a moment recommend meals that are light and not nutritious, and we must not forget that bulk is frequently needed to induce proper digestion. Eat the correct number of calories every twenty-four hours; 700 or 800 in the morning, about the same at noon, and the remains of the 3000, the allowance for the twenty-four hours, for dinner. All meals should be properly cooked and nicely seasoned, and should satisfy a normal appetite. What I wish to convey is this; that the main or heavy meal of the day must not be taken during the working hours.

I have in several places condemned the drinking of tea and coffee with meals. As a rule coffee and tea are badly made in the United States, and to give them flavor, large quantities of sugar and cream are added; so they cannot be considered beverages. Water palatably cool at the end of the meal is certainly beneficial, but tea and coffee constantly sipped with the food hinder digestion and rob one of the necessity of mastication. Experiments have shown us that when food is thoroughly masticated it will produce a greater amount of heat and energy.

Before giving a correct diet to suit "the well," let us have a few "Don'ts."

DON'TS

Don't eat too much red meat—twice a week is as often as the average United States person can endure. The red meats are beef and mutton.

Don't eat pork, either fresh or salted, except bacon. Some people can eat ham once a week, but as it takes five hours to digest, few people can afford to rest while they are digesting, and neither physical or mental exertion can be done easily during the first part of digestion. It is burning the candle at both ends.

Veal is difficult of digestion, unless carefully braised or stewed. Fried veal as well as all fried meats are to be avoided; they are difficult of digestion. Why eat them at all?

Don't eat raw cheese unless it is thoroughly ripened, then only a small piece.

Don't eat dessert made from eggs and milk after a meat dinner. Eggs and milk *are* meat—too much *proteid* overtaxes the kidneys and increases the blood pressure. Why harden the arteries while still young?

Don't drink coffee or tea or any form of "slops" with meals. If you must take either one,

take coffee early in the morning before breakfast, and tea in the middle of the afternoon, without solid foods.

Don't eat two kinds of starchy food at the same meal. For instance, as potatoes and rice, sweet potatoes and white potatoes, sweet potatoes and rice, macaroni and rice. Such combinations induce fermentation and flatulency. Bread and potato may be taken together, but in small quantities.

Don't eat fried foods, no matter whether they are fried in a small quantity of fat or in deep fat. The latter, is preferable, but avoid both.

Don't drink ice water—have it palatably cool; drink it at the end of meals and between meals.

Don't eat ice cream hastily at the end of a meal. Take it only when you have time to eat it very slowly. This rule should be followed with all frozen foods.

Don't eat such foods as pickles, either plain or with mustard. They may be used occasionally chopped fine as a garnish to lettuce, but being preserved thoroughly in vinegar they are most difficult of digestion.

Don't eat green vegetables carelessly cooked or water-soaked, nor potatoes or rice unless they are mealy and dry.

Avoid vegetables cooked with meat.

Don't over eat.

Don't eat when not hungry. It completely flags the appetite and upsets digestion.

Don't eat hurriedly. One-fourth the quantity eaten slowly will give a far greater amount of nourishment than a large meal, bolted.

If any article of food disagrees, do not take it a second time.

Avoid too great variety at the same meal. This will frequently upset a strong digestion.

When tired, take a small quantity of light soup for first course, and do not have the second course served too quickly. Heavy food put into a tired stomach prevents easy digestion. If soup is not at hand, take a cup of hot water, this will induce the gastric secretions to flow more easily and the stomach will be prepared for the heavier foods.

Don't eat fatty foods in hot weather. Give up your bacon and one-half your butter and cream. Lean meats are not particularly heating, but are not correct summer foods. Fats burn easily and create unnecessary heat. If the day is hot do not build up a tremendous fire in your own body, you will be very uncomfortable and may suffer from heat exhaustion.

Don't eat a Christmas dinner on the Fourth of July. Cut down your starchy foods and meats, and add green, succulent vegetables and fruits that are cooling and palatable. Green vegetables and salads, dressed with very little olive oil and vinegar or lemon juice, give bulk and satisfy the appetite without greatly increasing the fuel foods.

As sugars are easily assimilable and produce heat and energy, reserve them for winter use. Accustom yourself to eating fruits without sugar, or use a very little. Thick cream, free from milk, may be used once a day, in the morning with fruits.

Don't use too much salt or black pepper. The latter is indestructible in the digestive tract, and frequently causes irritation of the throat.

Don't place too much dependence on individual opinion and likes and dislikes. Startling announcements are every now and then made that some one form of food has produced a wonderful cure or has been almost poison to the person who ate it. Such statements, as a rule, are exaggerations and many are taken from advertisements for patented foods.

If you are not up to standard, and feel just a little below your usual strength, do not go off on tangents and follow every new line of diet.

"Stop, Look and Listen" before you cross the roads of the faddists. A stomach once upset or irritated is difficult to bring back to normal conditions.

The correct diet for the human machine must contain all the living elements of the body and must be taken in the proper proportions. To make out your daily bills of fare you should understand the chemical elements of the body and the natural foods, in the locality in which you live, to feed those elements. Then cook them in the most simple fashion, serve them daintily and do not talk about them at the table. Keep your mind free from fear and do not imagine that every uncomfortable feeling you have is indigestion.

It is not the amount of food that one eats that builds the body, but that proportion which can be digested and assimilated. Always cease eating before you have a sensation of fullness. Too much liquid with the meal will frequently distend the stomach and make digestion lax.

Foods must be tasty. The greatest quarrel I have with the housewife is over vegetable cookery. Green vegetables are drowned in water—the water is not always boiling. The mineral matter is dissolved and thrown away, and the

odor and flavoring is driven through the house; and the residue, frequently rich in woody fibre, is dished up with salt and pepper for the family to eat. Salt should be used in minimum quantities, and all vegetables should come to the table with their individual flavor.

Don't worry about your nourishment. People in this country die from too much, not too little food, and the thought that one must eat a great deal to build the body has taken many a person out of the world that might have lived comfortably on a simple diet for many years.

The thing that should occupy the mind is the selection of food, the combinations and the cooking. Do not eat meat and potatoes three hundred and sixty-five days in the year, when there are thousands of meatless dishes and other palatable things to give variety. If your neighborhood does not have full markets, change the accessible foods by different methods of cooking. For instance, if you are a meat-eater and you feel that meat is necessary to your existence (of course, it is not), beef may be baked, roasted, broiled, stewed, boiled, rolled, spiced, chopped and made into forty or fifty different dishes, and still they are all beef. This is equally true of mutton and chicken; let us skip veal and pork.

Flour, fruit and butter are excellent foods in their places, but when mixed together and made into complicated pies and puddings are difficult of digestion, and one must eat double quantity to get the allotted amount of nourishment. In such dishes, time, money and energy are wasted.

Don't cater to habits. They are blots upon the character of any person. If your father and mother had them, don't think that they were handed down to you. Get rid of them at once. Struggle against them, that the generation which follows you may start life without a handicap.

Don't make excuses and think that this or that food disagrees with you especially. Nature knows nothing of circumstances. All her laws are harmonious, she never makes an imperfect atom. Her laws are rigid—ignorance and innocence are punished alike. She never forgets nor does she forgive bodily abuses.

The knowledge that comes from reading is only the beginning. Put this knowledge into actual practice, which means intelligence. If the digestion is already impaired, bring it back to natural conditions by selecting the proper foods and taking a half-day's fast, every day for a year. Then you will find that two meals are far better than three. You never will go back to your old habits.

Scientific research has proven that natural animals live five times the period of their maturity. If this is true, our span of life is one hundred years. If the organs of the body are made to do double work, a man is one hundred years old at fifty. He is as old as his arteries and his digestion and excretory organs. A man is what he eats, and the diet he selects and the condition of his body are marks of his intelligence.

Modern dietitians too often argue that lean meats are the best form of nitrogen for the business man, and that a vegetable diet is suited only to the outdoor laborer. Careful examination will prove to the contrary. The average United States business man breaks down between the ages of forty and fifty, and usually from diseases that are produced by an over-nitrogenous diet—too much meat, meat and eggs at the same meal, heavy breakfasts and hard work immediately after, late eating at night, drinking tea and coffee with the meals.

Start with your children as soon as they are born. A very young child can be taught the needs of the body and what to eat. One need not necessarily weigh and measure every mouthful of food, nor give hours to the thought and preparation of a meal, in fact it is the elongated, fancy cooking that ruins life.

Serve every meal, three hundred and sixty-five days in the year, in a simple, artistic manner. Eat slowly and comfortably and enjoy it. In other words, eat to live, for health is always worth while.

Appetite is useful, but never an infallible guide to a correct diet.

Foods for the sick you will find treated at length in Mrs. Rorer's "Diet for the Sick."

Diet for the Well

For the Ordinary Breakfast, where the man of the house goes to business and eats a light luncheon, fruit and cereal, or toast and baked apple, or a muffin and prunes, should make the entire meal. In the winter, one may have eggs in some form and, if bacon is used, a slice of broiled bacon. Heavy breakfasts are not desirable even where a light luncheon is taken. In fact, I prefer *café au lait,* or fruit alone. Two dishes of fruit with thick cream, if the fruit and cream blend, are quite sufficient for most persons; one may eat bread and butter with this, or take fruit alone. Do not think that your health or nutrition depends upon bread and butter.

If one has the coffee habit, drink it with toast, or a muffin or roll, with eggs or bacon.

With a cereal and fruit breakfast, it is apt to produce "sour stomach," especially if cream and sugar are used in the coffee.

If a Luncheon is Eaten after a light breakfast, the office or indoor worker must eat an equally light luncheon, or the candle is being burned at both ends, and health cannot be expected to last many years. Eat a *full, well balanced dinner,* after which rest or be enter-

tained. Do not use mental or physical exertion for at least one hour. For luncheon, eat a bowl of half milk and half cream, with crackers or hard bread, or a baked apple and brown bread and butter, or a glass of buttermilk with brown bread and butter, or simply a glass of milk, or any fresh, raw fruit. Avoid fried foods at all times, and especially at noon when one has to return to the office. Whole wheat bread and butter sandwiches, nut or fruit sandwiches, with water or milk make a nice luncheon. Do not take milk and meat; with milk, take a plain bread and butter sandwich, with a meat sandwich, take water. Cream soups make good luncheons, and may be served with croûtons, crackers, or bread and butter.

For Dinner, eat a thin soup; these come without cost and are easily made. Follow with a meat, nicely cooked, if you use meat, and two vegetables, one starchy and one succulent. Then a salad or a simple dessert. Avoid coffee at night. *Do not drink tea and coffee with heavy meals, they upset digestion and cause flatulency.* Agreeable combinations are usually hygienic. For instance, good combinations are beef and sweet or white potatoes with almost any of the green vegetables. I should, however, reserve peas and asparagus to serve with either lamb or chicken,

and with these, rice would be preferable to potatoes. The salad should be served with French Dressing, not Mayonnaise, and if meat is used in the body of the meal the dessert should consist of tapioca or gelose with fruit, or plain gelose served with cream, or a dessert made of whipped cream; or better, finish with a salad, crackers and a bit of cheese.

Where it is possible to have dinner in the middle of the day and a supper at night, it is advisable to do so. For health's sake, one should eat a light meal at night, but where a man is occupied at either strenuous office work or outdoor labor, he is obliged to take his body building meal at night when he has time to rest and digest it. One cannot work easily on a full stomach. Eat when you can rest and store energy for the working hours.

Never induce an appetite, that is, do not take highly seasoned foods at the beginning of dinner to irritate the stomach. This style of eating will produce an early breakdown. Masticate thoroughly, and do not take liquids in the mouth while you are masticating starchy foods. If you are eating fruit, eat fruit, and swallow it before you take a mouthful of bread, and it is a question in my mind whether or not you should eat much bread with other starchy foods.

The Kitchen and Dining-Room

THE KITCHEN

The ease with which the daily work is done is largely due to the arrangement of the kitchen and dining-room. If the house is small, the kitchen probably will be next to the dining-room. On the wall between, build a china closet with glass doors on the dining-room side and solid doors on the kitchen side. This closet may be made of mahogany, oak, or painted to match the dining-room, and may be large or small, as needed. Reserve one shelf as a "slide" between dining-room and kitchen. Arrange the sink in the kitchen near or under this closet, so that the soiled and dry dishes may be put out and in without an extra step. If possible, have a drain board at each end of the sink; soiled dishes will be taken from the slide to the right-hand drain board and drained on the left hand, and when dry put back into the closet.

Place the work table in position in the middle of the room, with end toward the sink. It should be ten feet long and two and one-half feet wide, with a rack arranged on the back. On the right-hand side, underneath, have three good-sized drawers, the top one for small utensils, knives, forks and spoons; the next, the baking utensils;

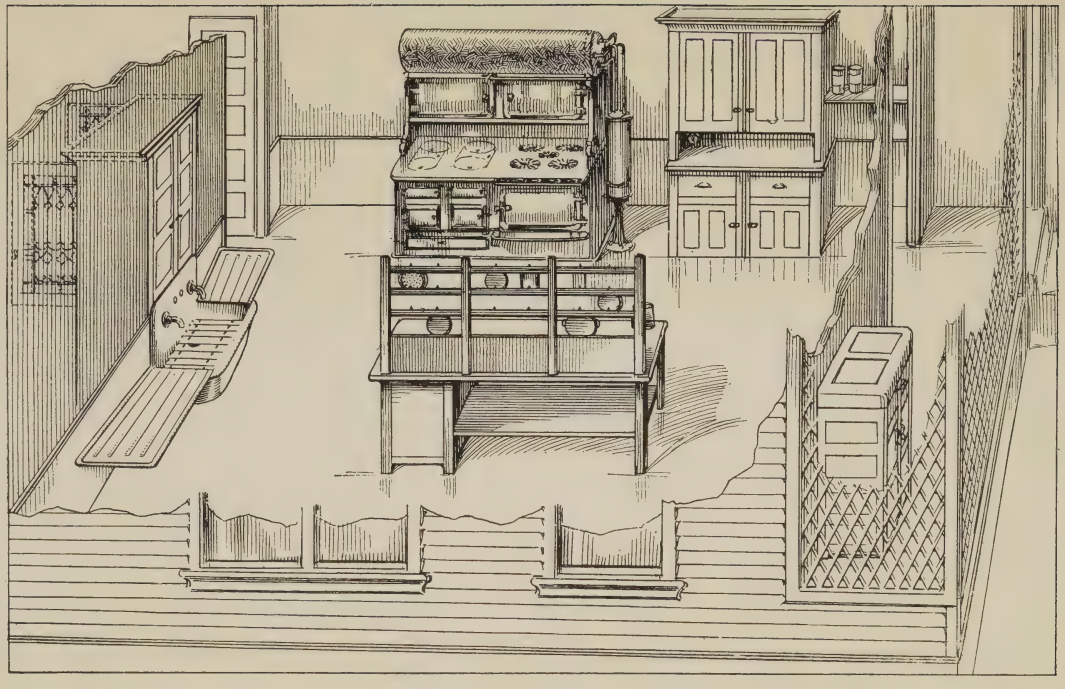
and the third, the towels, strainers, etc. There may be two other small drawers just under the top, if needed. Make a good-sized shelf the entire length of the table, underneath, to hold bowls, sauce pans, bread pans, etc. Hang egg beaters, strainers, measuring cups, colanders, etc., on the rack. The object is to have everything at hand, not an unnecessary step must be taken.

Place the stove against the wall and immediately in front of the table, so that one can turn from table to stove without a step.

Put the kitchen cabinet against the wall at the end of the stove; on the side of the cabinet put a shelf to hold the necessary labor-saving devices, the meat chopper, the coffee mill, grater and bean cutter.

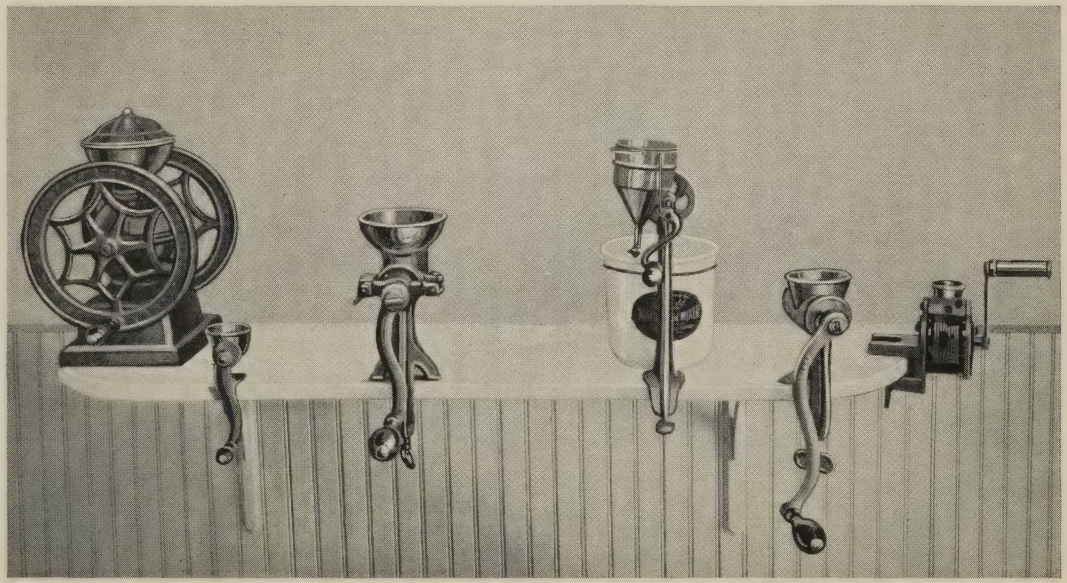
The cabinet will hold all the necessary materials and dry groceries for everyday use. Perishable marketings must be kept in a pantry off the kitchen or in a refrigerator standing in the pantry or on an outside porch.

If the family is large and a butler or extra waitress is kept, it is wise to have a small pantry between the dining-room and kitchen, the dining-room door, the pantry door and the kitchen door opening from a small hall. Then the glass, silver and china will be washed in the pantry. The arrangement of the kitchen, with the excep-



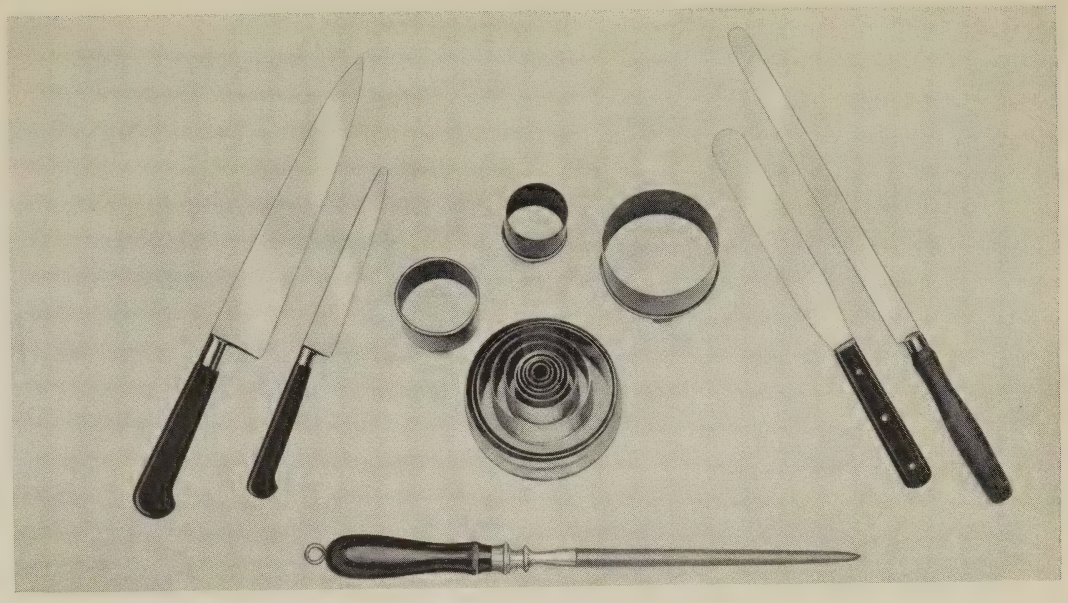
Mrs. Rorer's Kitchen

Arranged to save time and labor The cook at her table is in easy reach of the range and utility table. Dishes can be passed in and out of the dining room through a slide over sink.



Coffee Mill | Nut Grinder | Fruit Press | Mayonnaise Mixer | Meat Chopper | Bean Cutter

The Utility Shelf at Side of Cabinet



French Cook's Knife | Small Sabatier Knife | Box Pastry Cutters | Steel | Spatula | Slicer

A Group of Handy Utensils

Egg Slicer Skimmer Bread Mallet

Vegetable Brush Utility Spoon Sardine Scissors Utility Fork

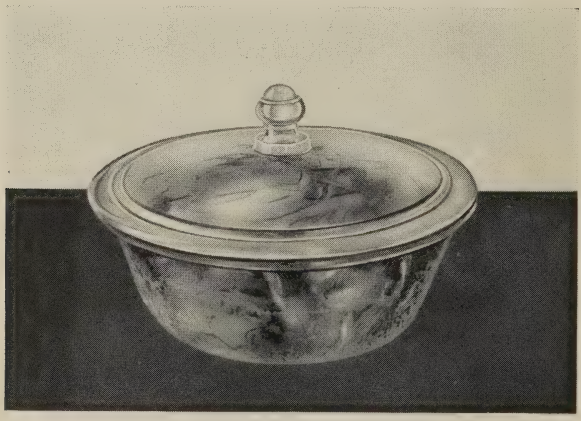
A Group of Convenient Utensils

Sieve Batter Beater Egg Beater Tellar Knife

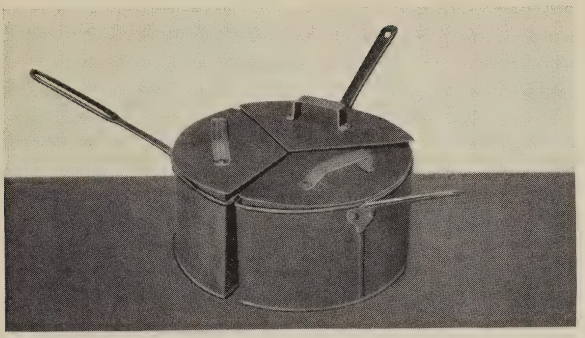
Measuring Cup | Pastry and Grease Brush | Wooden Paddle | Basting Spoon

A Group of Necessary Utensils

Petite Marmite



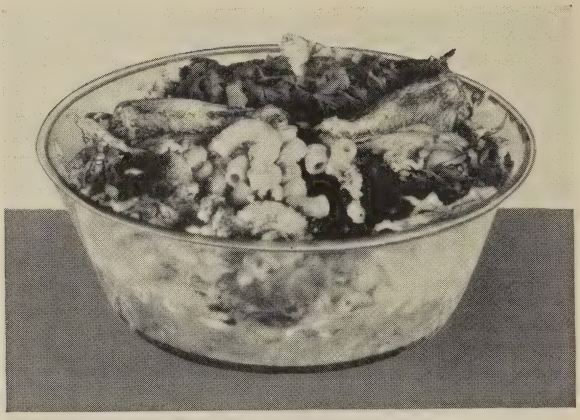
Brown Fricassee of Chicken



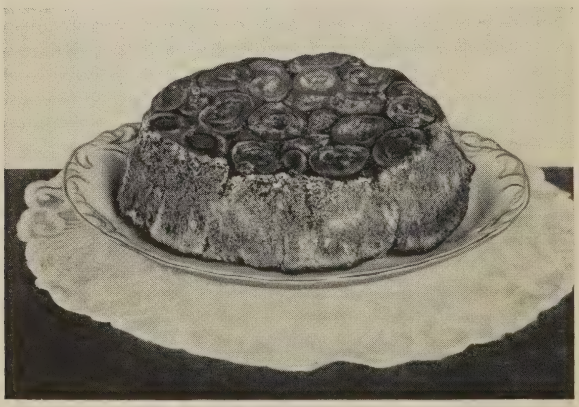
Sectional Sauce Pan

Metal
Coffee Percolator

All Glass
Coffee Percolator



Chicken and Macaroni



Cinnamon Bun

tion of the double-doored china closet will be precisely the same. There must be a small refrigerator in the pantry for butter, milk and fruits.

The following inexpensive list of utensils will be found to be quite enough to do good cookery in a family of four or six. This does not mean fancy cookery, as we have relegated that to the past.

TIN WARE

1 Combination paring knife and apple corer
2 Measuring cups, divided into thirds and quarters
1 One-quart fancy pudding mould
1 Small dipper for cream
1 Box of French cutters, assorted
1 Skimmer
3 Pastry tubes, two star and one plain
1 Small flat grater for bread
1 Flat cheese grater
1 Nutmeg grater
1 Bread box
1 Small cake box
3 Round boxes with lids for dry groceries
1 Henis vegetable press
1 Two-quart flour sieve
1 Egg slice

WIRE GOODS

1 Wire broiler to fit a baking pan, for broiling bacon or other meats in the oven
1 Heavy wire broiler with adjustable handle for broiling steaks and fish over the coals or under gas

1 Strainer with pestle
1 Small wire basket for cooking eggs and deep frying. This will also answer for asparagus.
2 Egg beaters
1 Heavy egg beater for beating batters

GRANITE WARE

½ Doz. caddies, for coffee, tea, cocoa and small quantities of dry groceries
2 Oblong dish pans
1 Two-quart double boiler
1 Four-quart covered kettle
1 Section sauce pan
1 One-pint sauce pan for sauces
1 Pan, with side handle, for deep frying
6 White bowls, assorted
1 Funnel
1 Large basting spoon
1 Jar-filler spoon
1 Colander
1 Flat-bottom tea kettle
2 Milk cans with lids
1 Dripping pan of good size

IRON AND STEEL WARE

1 Large meat fork
1 Large Sabatier knife
1 Small Sabatier knife
1 Spatula
1 Teller knife
1 Small sharp ice pick

1 Can opener or sardine scissors
1 Cork screw
1 Trussing needle
1 Potato scoop
1 Pastry jagger
1 Small hammer
Tacks
1 Small sized odorless garbage pail
1 Tablespoon for measuring—aluminum
1 Teaspoon for measuring—aluminum
1 Case knife
1 Small fork
1 Pair of scissors
1 Steel for sharpening knives
4 Sad irons

EARTHEN AND STONE WARE

1 Butter pot
2 Large stone jars, with lids, for putting away eggs

WOODEN WARE

1 Bread board
1 Meat board
1 Plank for fish
1 Wooden pestle
1 Scrub bucket with wringer
1 Four or six-quart ice cream freezer
2 Butter paddles
½ Doz. maple cooking paddles
2 Pastry brushes
1 Stove and dust brush

½ Doz. small brushes for glass, china and vegetables —five cents each
1 Dish mop
1 Hard wood rolling pin
1 Refrigerator
1 Ironing board
1 Sleeve board
Mops, brushes and brooms

GLASS WARE (Pyrex)

1 Two-quart round casserole with lid
1 One-quart oval casserole with lid
6 Individual shirred egg dishes
2 Large pie dishes
2 Small pie dishes
2 Bread pans
½ Doz. each size custard cups
2 Marmite jars for baked beans and Boston brown bread
1 Large utility pan

The round casserole, without the lid, can be used for loaf cakes, the same as an ordinary Turk's head. The pie dishes may be used for *au gratin* dishes. The custard cups make admirable gem and popover cups, and are used as ramekins; for convenience, stand them in the baking pan in the oven, so that they may be all lifted at one time. They also are nice individual moulds for jellied chicken or lobster, individual fruit jellies or jellies used for salads. Use the marmite for baked beans, Boston brown bread

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or as an ordinary pudding mould. The bread pan makes an exceedingly nice mould for jellied chicken, veal or beef loaf and moulded cold puddings; in these, puddings can be made on Saturday and put in the refrigerator until Sunday without fear of contamination; use it also for a small cake, cottage pudding, or for molasses cake.

MISCELLANEOUS

2 Pastry bags
2 Small icing bags
1 Jelly bag
1 Canvas jelly or cheese bag with bracket and stand
6 Yards of cheesecloth
1 Doz. dish towels
6 Roller towels
2 Dish cloths
Twine
Canton flannel and unbleached muslin for covering the ironing board
Scouring and polishing cloths

I have not in this list selected expensive things to use only now and then, but just enough to be used in practical everyday cookery.

The glass dishes take the place of extra sauce pans for oven stewing.

Salt should be kept in one of the granite canisters; pepper and spices in glass bottles with glass stoppers.

THE DINING-ROOM

Simple Table Service

These directions are intended entirely for people who do their own work, or only keep one servant.

FOR BREAKFAST, LUNCHEON AND SUPPER use doilies instead of tablecloths. The service is easier, and it saves laundry work. Table linen must be of good quality and well laundered to be usable, and must be spotlessly clean. A soiled tablecloth has a degenerating effect upon the family; better have a plain scrubbed table. For this reason, where means and help are limited, doilies may be used for every meal. They may be of plain or colored linen to match the china, according to the taste of the housewife. Place a doily in the center of the table, on this a pretty dish holding either fruit or flowers, or one may copy the English fashion and place a high dish in the center with fruit, and two lower dishes of flowers in line toward the ends of the table.

IN LAYING THE TABLE for dinner, put the necessary knives to the right of the plate with the blades turned in; at the right of the knives, the dessertspoon and then the soupspoon. One uses the silver from the outside, toward the

plate. At the left-hand side of the plate, the forks, the one to use first, outside. Two courses at a family dinner will require two forks; if an entrée is served and three forks are called for, place them, and then place the dessertfork and spoon at the top of the plate. I very much like the foreign service, where a knife and fork is served with every course. The fashion of trying to eat things with a fork alone is not graceful or convenient. Asparagus or lettuce, with French Dressing, may be eaten with the fingers without either knife or fork, and is perfectly proper. With ice cream, serve a spoon and a fork, give guests their choice. Use a dessertspoon for the dessert, a tablespoon or a soup spoon for the soup, a teaspoon for tea and coffee and a small spoon for after dinner coffee. If soup is served in a cup, use a dessertspoon or a bouillonspoon—do not serve teaspoons; and do not serve after-dinner spoons with ice cream or frozen punch.

If finger bowls are used, bring them to the table on the dessert plate. Use a doily between the bowl and plate. Each person will lift doily and bowl to the left, leaving the plate free for dessert.

The housewife should sit at what is called the "foot" of the table, the end next to the pantry or

kitchen door; the husband, or man of the family, at what is known as the "head" of the table, directly opposite. A lady guest of honor will be seated at the right of the host. A gentleman guest at the right of the hostess. Other guests may be seated as you choose.

Luncheons and suppers are served very much alike. Use small dishes, entrées—made dishes, that do not require carving.

The high cost of labor coupled with the advanced prices of food, makes it necessary, for most persons, to avoid waste, and extravagant outlay for foods that do not contain a full ratio of nourishment.

These supper and luncheon dishes should be made from the dinner left-overs. Most entrées, at any rate, are only warmed over meats well cooked and daintily served.

Croquettes, timbales, boudins and even à la crème dishes are but nice names given to various hashes.

The knowledge of the housewife is expressed in her soups, entrées and salads, not in desserts and cakes.

Full directions for table service will be found in "Mrs. Rorer's New Cook Book."

HOW TO MEASURE

All measurements are level.

Bread flour need not necessarily be sifted, but pastry flour should be sifted before measuring.

Do not scoop the cup into the flour or sugar, lift the sugar and put it into the cup; the pressure when scooping frequently gives over measure.

With the ordinary kitchen cup, holding a half pint, one can get exact weight by studying the table of equal weights and measures. For instance:

4 Teaspoonfuls of liquid	equals 1	tablespoonful
4 Tablespoonfuls of liquid	equals ¼	Cupful
2 Cupfuls or 1 pint of liquid	equals 1	pound
1 Quart of sifted flour	equals 1	pound
4 Cupfuls of sifted flour	equals 1	quart, or 1 pound
3 Cupfuls of granulated corn meal	equals 1	pound
1 Kitchen Cupful	equals ½	pint
1 Cupful of sugar	equals ½	pound
1 Cupful of brown sugar	equals 6½	ounces
2¼ Cupfuls of powdered sugar	equals 1	pound
1 Cupful of butter	equals ½	pound
1 Level Tablespoonful of butter	equals ½	ounce
1 Level Tablespoonful of flour	equals ¼	ounce
2 Cupfuls of solid chopped cooked meat	equals 1	pound
10 Eggs	equals 1	pound

Methods of Cookery

BOILING

Boiling is cooking an article in water, salted or unsalted according to directions.

The boiling point under ordinary atmospheric pressure, sea level, is two hundred and twelve degrees Fahrenheit. This changes according to the altitude.

We frequently mean, when we say "boiling," cooking at a temperature far below the boiling point. For instance, meats are better cooked at one hundred and seventy degrees Fahrenheit. This is usually called the simmering point. Most vegetables should be actually boiled, but not necessarily at full speed except where the motion of the water is desirable, as in cooking rice, spaghetti and macaroni. Turnips, cauliflower, cabbage and Brussel Sprouts are more tender if, after the first boil, the boiling is done more slowly in an uncovered kettle, but when rice is cooked in simmering water it becomes heavy, unsightly and indigestible.

To boil meats, plunge the piece down into a kettle of boiling water, boil it rapidly for five minutes, then reduce the temperature of the

water to one hundred and seventy degrees Fahrenheit, and if the piece is large, continue cooking fifteen minutes to each pound of beef. Meat boiled in this way will be tender, juicy and rare.

All vegetables and meats go over the fire in boiling water with the exception of salt meats; these are put over in cold water.

STEWING

Stewing is not boiling. When meats are stewed, the sauce is made first and the meats cooked slowly in the sauce, although many people when they "stew chicken" simply cut it up and cook it in water, but it never is as good as when cooked in the sauce.

With the new Pyrex cooking utensils, stewing may be done in the oven more easily than over the fire; there is no danger of burning, it requires less fuel, less care and is more tasty. In fact, I do considerable vegetable boiling in these dishes, in the oven. Cucumbers, turnips, cabbage and carrots may be cooked while you are baking, and after they once begin to boil the dish may be placed outside on top of the oven, while you are using the oven for other things, and the boiling will continue.

STEAMING

The old fashioned housewife used a utensil known as a "steamer," which had a perforated bottom and fitted closely over a kettle of boiling water. The steam passed up through the bottom of the steamer and over the materials it contained. Custards and many vegetables, as potatoes, squash, cucumbers and pumpkins, were steamed. We have learned however that all these foods are just a little better boiled.

ROASTING AND BROILING

True roasting, grilling and broiling are practically the same.

One side of meat is presented to a quick or hot fire while the other is exposed to the air.

Roasting is almost obsolete in this country, as conveniences for such cooking are no longer to be purchased. We broil in the lower oven of our gas stoves, which is perhaps an admirable method of cooking, although many think that the heat from charcoal gives better flavor.

OVEN BROILING

This is done on a rack in a pan in a very hot oven. All tender meats should be broiled, except veal, which is better braised or stewed.

BAKING

This is cooking in the oven of a stove, and when well done is by no means an inferior method of cooking meats.

The meat should be put in the pan bone side down. Add just enough water to cover the bottom of the pan—we are baking, not stewing or braising. The meat should be basted with the fat that melts and not with water. We bake our bread, cakes, potatoes, meats, poultry and game. The oven should be very hot when meats are put in; after they are seared, reduce the heat and bake ten or fifteen minutes to the pound. If very rare meat is wanted bake an eight pound rib roast one and three-quarters of an hour.

A FRICASSEE

This really means stewing in a sauce.

There are brown and white fricassees.

These, like all other stews, are best cooked en casserole in the oven.

BRAISING

Braising is a cross between boiling and baking, a method employed for the cheaper cuts of meat. We have in the market pans called "roasting pans," they are braising pans, one pan covered

by another. For such cookery, purchase the so-called inferior meats, as leg of mutton, under and upper round of beef, and fowl. This is also a good method of cooking pork and veal.

The lower pan is usually half filled with water and the meat dusted with pepper; salt is always added after the meat is partly done. During the cooking, the steam softens the meat and does away with the necessity of basting; the heat from the upper pan will brown the surface.

GRILLING

Grilling is broiling. This term is usually applied to steaks and chops.

FRYING

Frying is immersion in hot fat at a temperature of about three hundred and forty to three hundred and fifty degrees Fahrenheit.

The frying is less injurious than *sautéing*—cooking with a small quantity of fat. When fats are heated to a high temperature irritant acids are developed that more or less hinder digestion.

The true art of frying is very little understood by the average housewife. To be done correctly, the fat must be heated to the proper temperature

and a few articles at a time fried so as not to reduce the temperature. Well fried foods should be free from grease.

Olive oil, perhaps, is the best frying material, but is expensive. Cotton seed oil, sold in the market as Wesson Oil, is to be recommended in its place.

When articles do not contain sufficient albumin to grease proof the outside, they should be dipped in egg and rolled in bread crumbs before frying. Small fish, like smelts, will crust without being dipped. This is also true of bits of halibut or other fish.

When one has finished frying, the fat should be strained and put aside to use over and over again, as long as it lasts. Be careful not to scorch it, or it must be thrown away.

SAUTÉING

This is cooking in a small quantity of fat. Omelet, Lyonnaise Potatoes and Hashed Brown Potatoes are sautéd, not fried.

Butter is a poor sautéing fat, as it burns at a low temperature and produces fatty acids. It is quite as harmful as cream in coffee; both produce sour eructations. Use oil or suet.

Heated fats are always to be avoided. Where butter is used as a seasoning, add it to the materials after they are taken from the fire.

If butter is to be used for sautéing, it should be clarified. To do this, put a half pound in a double boiler, heat it until thoroughly melted, then drain it off carefully and stand it in the refrigerator to use as wanted.

SOUP MAKING

For meat soups, always start with cold water.

Stock is the foundation of soups, and may be made from meat and bones, or the water left over from cooking vegetables, or meats, or both. Bones that are left on the serving plate may be boiled in the vegetable water that is to be used as stock.

How to Use One Recipe for Many Dishes

If one knows the chemistry and mechanics of food materials and the effect of heat upon them, recipes are only stepping stones to results. The mere following of a recipe without experience never leads to perfection in cookery. A housewife who looks up a recipe and then buys the ingredients to make it, is always a haphazard extravagant cook, as recipes are like blind lanes, they lead only to themselves. The proper way is to look up the materials at hand and fit them into a recipe.

If the new housewife will first study the law governing ingredients and the proper blending and manipulation of materials many dishes can be made from one recipe. For illustration, in a cream soup the butter, flour, liquid and vegetable mixture must always be in correct proportions, but one may substitute in like quantity, stock for milk, or use milk and stock with the given quantity of mashed peas, potatoes, tomatoes or any other vegetable. Allow one pint of cooked vegetable, pressed through a sieve, to each quart of liquid, and two level tablespoonfuls of flour or one of cornstarch or two of corn flour, rubbed with a

level tablespoonful of butter or other pleasing fat; chicken, duck or goose fat are all very good if well clarified, or one may use salad oil. A level teaspoonful of salt and a dash of pepper will give moderate seasoning.

CREAM OF PEA SOUP

Shell and cook one pint of peas, or use one can of peas; press them through a sieve. Add sufficient stock or water to make up the full measure of the pint. Put them in a double boiler, add one quart of milk or stock and milk, and when hot add one level tablespoonful of butter rubbed with two level tablespoonfuls of flour, stir until you have a smooth, creamy soup, season with salt and pepper and, if you like, about a teaspoonful of onion juice.

If thick soups are required, add a half more flour and butter.

Mashed potatoes in proportion of two cupfuls to one quart of milk, or stock may be substituted for peas. Season with celery and onion.

TOMATO BISQUE

Add a half teaspoonful of soda to a pint of strained hot tomatoes before adding the thickened milk. Put the milk in a double boiler, add

the proper proportion of butter and flour rubbed together and, when smooth, turn into the tomatoes after adding the soda, and serve at once.

For Cream of Celery Soup, boil the celery in about a pint and a half of water, which would be reduced to a pint during the cooking. Press as much of the celery as possible through a sieve and add it to the thickened milk.

Cream of Onion Soup may be made from left-over Creamed Onions, using enough milk to make the given quantity, one pint.

Cream of Asparagus Soup is usually made from the water in which asparagus has been boiled, using a pint to each pint of thickened milk. A few tips of boiled asparagus may be added for the sake of appearance.

Cream of Cucumber Soup needs special directions, as the cucumbers must be grated before they are cooked. Peel three large cucumbers and soak in water until they are tender, grate them and add sufficient water to make a pint. Boil for fifteen minutes, add a tablespoonful of onion juice, a quart of thickened milk and the salt and pepper.

CLEAR SOUPS

Again, all clear soups are made after one recipe, the ingredients added giving the name of the soup.

A shin of beef requires five quarts of cold water and must be cooked slowly for three hours, then add an onion, carrot, celery seed, salt and pepper. Cook one hour longer and strain. Put aside to be used as needed.

To serve clear, simply reheat, season with salt and lemon or salt alone.

To serve cold, cut it into blocks and serve in ordinary bouillon cups.

When served as Vegetable Soup, the vegetables must be cooked carefully in water before being put into the hot stock. Save the water in which they are cooked for Every Day Soup.

JULIENNE SOUP is clear soup (stock) with spring vegetables cut into small pieces, cooked and added—young carrots, string beans and peas.

CONSOMMÉ a la COLBERT is clear soup nicely seasoned and served with poached eggs one to each person.

FOR ENGLISH BEEF SOUP, cut a part of the meat into dice. Color the stock a dark brown with kitchen bouquet or caramel, slightly thicken it, add the meat and serve.

EVERY DAY SOUP

Save the water in which vegetables are cooked, except potato and string bean water. Add bones left on the serving plate, the carcasses of chickens or any bits of meat. Boil this down early in the morning and put away to use for Every Day Soup.

Rice water alone makes an exceedingly nice clear Tomato Soup.

The water in which cabbage is boiled may be used with grated raw carrot for "Soup Crecy."

These vegetable waters may be colored and seasoned to serve as plain Dinner Soup; or add a cupful of milk, slightly thickened, as for Cream Soups; or when heated and nicely seasoned pour it over a well beaten egg in the tureen and serve with croûtons.

GROSSMÜTTER SOUP is made by heating just ordinary water from vegetables, onion and cabbage preferred, with bread cut into dice and mixed with a beaten egg. Throw the bread into the hot soup, boil up once, and serve.

Do not keep the water of different vegetables separate. Save them to-day, put them all in one bowl and boil them down the next morning when you are in the kitchen doing other work. Use

as little water as possible for cooking vegetables, as it will require less time to reduce it. By careful attention to this, one may have a soup every day in the year and the cost will not be more than Five Dollars per year. Meat is never required if the vegetable waters are carefully handled.

VEGETABLES

Green or Succulent Vegetables

Must be soaked in cold water for a half hour at least before cooking. Do not add salt, because it draws out the juices and toughens the fibre of the vegetables.

All vegetables, to be easily digested, must be cooked without fat.

When ready to cook, drain them and put them at once into a kettle of *boiling* salted water. Use a teaspoonful of salt to each quart of water, and just enough water to cover the vegetables, bring quickly to a boil, and boil continuously uncovered, until they are tender, not a moment longer. Drain at once, save the water for soups, season with butter, cream or Cream Sauce.

Cabbage, cauliflower, kale, Brussels sprouts, onions and scullions, if cooked a moment too long, or are covered, will emit an odor that will

permeate the whole house. When the least odor is noticed the cabbage is done, unless the water was not continuously boiling.

Observe these rules and cook the vegetables according to the following time table.

Green Peas, fresh, require fifteen minutes' cooking

Asparagus, requires forty-five minutes' cooking

Cucumbers, cut into halves or quarters, require twenty minutes' cooking

Summer Squash, cut into eighths, requires thirty minutes' cooking

Green Corn, requires five minutes' cooking, after it begins to boil

Medium sized Onions, whole, require thirty minutes' cooking

Spanish Onions, sliced, require thirty minutes' cooking

Spring Onions (Scullions), require forty minutes' cooking

Brussel Sprouts, require twenty minutes' cooking

Cauliflower, requires twenty-five minutes' cooking

Kale, requires thirty minutes' cooking

Cabbage, half a head, requires forty-five minutes' cooking

Cabbage, sliced, requires thirty minutes' cooking

Cabbage, chopped fine, requires twenty minutes' cooking

Cabbage, stuffed, requires sixty minutes' cooking

String Beans, require forty-five minutes' cooking

Change the water on beans after they have boiled fifteen minutes and re-cover with fresh boiling water.

Spinach, after it is washed carefully, must be thrown into a dry kettle, sprinkle over salt and steam on the back of the stove for twenty minutes, chop fine, add a little butter or cream, re-heat and serve.

UNDERGROUND VEGETABLES

All underground vegetables must go over the fire in boiling unsalted water, must be cooked until tender, no longer, and immediately drained. Save this water for soup, except potato.

Our underground vegetables are the roots, tubers and swollen stems of plants, hence contain more woody fibre than succulent vegetables and this fibre is hardened by salt. If they require salt, add it after they are cooked. The common potato should be slightly salted as soon as the water is drained off. Sweet potatoes are exceptions, as they are usually salted at the table. Turnips must be very carefully cooked in unsalted water, uncovered, or they lose their color and emit an odor which penetrates the house.

Time Table for Underground Vegetables

Turnips, cut into dice, require twenty minutes' cooking
Beets, new, require thirty minutes' cooking
Beets, old, require two hours' cooking
Carrots, new, require thirty minutes' cooking
Carrots, old, require forty-five minutes' cooking
Potatoes, medium sized, about thirty minutes' cooking
Try them after they have boiled twenty minutes.
Potatoes, large, baked, require fifty minutes.
Parsnips, cut into quarters, require forty minutes' cooking
Salsify, requires forty minutes' cooking

Radishes, require twenty minutes' cooking
Horse Radish, shredded, requires thirty minutes' cooking
Sweet Potatoes, require thirty minutes' cooking
Try them after twenty minutes.

Potatoes, both white and sweet, when baked must be put into a moderate oven and baked slowly until they are soft to the touch. Do not try them with a fork. When done, put them in a napkin in your hand and mash them carefully without breaking the skin. To serve, cut them across, press the mealy portion of the potato to the top and send them at once to the table. Eat them from the shell with a little salt and Tabasco.

TO WARM OVER POTATOES

Frying, always objectionable, will not be considered in this list.

TO WARM OVER PLAIN BOILED POTATOES

HASHED IN CREAM are made by adding cold boiled potatoes, chopped, to a White Sauce. Heat them either in the sauce pan or in a double boiler. Serve in a vegetable dish, garnish with a little chopped parsley.

To brown Potatoes Hashed in Cream—after the sauce is mixed with the chopped potato, turn

them into an *au gratin* dish and brown them quickly in the oven, or under the gas jets in a gas stove.

Au Gratin are simply Hashed Creamed Potatoes, the tops covered with cheese and browned in the oven. Remember, the cheese must be cooked until it is thoroughly melted and a very light brown; if too much toasted, it is indigestible.

BROILED OR GRILLED POTATOES are cold boiled potatoes cut into slices, brushed with butter, dusted lightly with salt and broiled either under the gas jets or over a clear fire. Dish these on a platter, one slice overlapping the other, and serve them with broiled chicken or chops.

TO WARM OVER MASHED POTATOES

Cold mashed potatoes can be made into Croquettes, but this is frying. The better, or more simple and wholesome ways are Duchess and Potato Puff.

DUCHESS POTATOES

Put the cold mashed potatoes in a sauce pan and add six tablespoonfuls of milk to each cupful of potatoes. Stir them constantly until they are heated, then beat them with an egg beater

until very light. Heap them in an *au gratin* or large shirred egg dish, brush them with milk and bake in a quick oven about twenty minutes.

Or put the potato, when light, in a pastry bag and press it out into large roses on the bottom of a greased "roasting" pan. Brown the "roses" in the oven and use them as a garnish to fish or stews.

POTATO PUFF

Make Duchess Potatoes, and when light and hot fold in the well beaten whites of two eggs, to each two cupfuls of potatoes. Heap them in a baking dish and bake quickly in the oven.

TO WARM OVER BAKED POTATOES

Left-over baked potatoes should be cut into halves while they are still warm. Scoop out the centers, put these through a sieve or vegetable press, add seasoning and two tablespoonfuls of milk to each potato. Beat until light, put back into the shells, and stand them aside to be rebaked at serving time.

It will take about a half hour to thoroughly re-heat.

SOUFFLÉ

Soufflé is made according to the preceding recipe, except that you stir in the well beaten whites of eggs after the potato is mashed and smooth, allowing two whites to each six potatoes. Heap back into the shells, brush the top with the yolk of an egg, dust lightly with grated cheese and, at serving time, re-bake.

SWEET POTATOES

Cold boiled sweet potatoes may be made into Soufflé; or baked Duchess fashion; or they may be cut into slices and broiled or grilled, or cooked southern fashion, the slices put into a baking dish and each layer covered with sugar. Add three or four tablespoonfuls of water, enough to cover the bottom of the dish, dot the top with small bits of butter and bake, covered, until the potatoes are hot and transparent.

VEGETABLE MEAT DISHES

Leguminous Seeds

These are rich in nitrogen and take the place of meat.

PEA SOUFFLÉ

Wash one cupful of split peas, cover them with cold water, bring to a boil, drain and throw the water away. Now cover them with one quart

of boiling water, and simmer gently about three quarters of an hour, by which time the water should be nearly absorbed. If not, drain the peas, press them through a sieve. Save the water for soup stock. Add to the pulp a half cupful of milk, a half teaspoonful of salt and the yolks of three eggs. Fold in the well-beaten whites and bake in a two-quart "Pyrex" casserole, uncovered, forty minutes. It must be light and nicely browned. Serve with White Sauce.

When three or four whites have been left over I have used them alone omitting the yolks.

BEAN SOUFFLÉ

This is made precisely the same, substituting beans for split peas, or you may use lentils.

PEANUT SOUFFLÉ

This may be made from ground unroasted peanuts, using one cupful the same as for Pea Soufflé. Boil them in water or vegetable stock, and finish according to the first recipe.

All these Soufflés are nice served with boiled rice and White Sauce, creamed onions or creamed cabbage. These rules are easily divided.

RED BEANS (Frijoles)

Wash and soak over night one cupful of red beans. Next morning, cover with cold water, bring to a boil, drain, cover again with boiling water and cook for an hour or until they are tender. Then put them in the two-quart casserole, add sufficient water to just come to the top of the beans. Add four tablespoonfuls of tomato catsup and the solid part of half a can of tomatoes, or four fresh tomatoes peeled and cut into pieces, a teaspoonful of kitchen bouquet and a half teaspoonful of salt; cover and bake slowly for two hours.

These are also nice boiled and served with Brown Sauce.

FLAGEOLETS

Wash and soak over night one cupful of flageolets. Next morning, cover them with fresh cold water, bring to a boil and simmer gently for about half an hour; drain, cover with fresh water and cook slowly until they are tender. Drain, saving this water for stock. Add either Cream Sauce or butter, salt and pepper.

Serve in the place of meat.

These make an exceedingly nice Soufflé by following recipe for Pea Soufflé.

BEAN CUSTARD LOAF

Wash and soak over night one pint of white soup beans. Next morning, bring them to a boil, drain, throwing the water away; cover with fresh boiling water and cook slowly for about two hours, until they are perfectly tender. Drain, save the water for stock, and press the beans through a colander. Add one cupful of milk and two eggs beaten together until well mixed, a level teaspoonful of salt, a tablespoonful of grated onion and a dash of pepper. Turn this into a "Pyrex" bread pan, stand it in a shallow pan of water and bake in the oven until the mixture is "set" in the center. Put in a silver spoon handle, if it comes out dry the loaf is done; if it comes out moist, cook longer.

Turn this carefully onto a platter, garnish with nicely seasoned cooked peas and pass with it White Sauce.

Left over Bean Custard Loaf may be sliced and served cold with either rice or potato salad.

BEANS à la SPANISH CREOLE

Wash one cupful of red beans and soak them over night. Next morning, bring them to a boil, drain, throwing the water away. Cover with

fresh boiling water and cook until they are very tender, but still whole and unbroken. Drain, saving the water.

Put a layer of beans in the bottom of a two-quart casserole, then a layer of chopped red sweet pepper, a tablespoonful of chopped onion and a dusting of salt, then another layer of beans, a layer of chopped green pepper, the solid part of half a can of tomatoes or three fresh tomatoes peeled, chopped onion and salt, another layer of beans, chopped red pepper, salt and onion. Add sufficient of the bean water to just come to the top of the beans. Cover and bake in a slow oven one hour. Remove the lid, dust the top thickly with grated cheese and return to the oven without the lid until the cheese is thoroughly melted.

These are nice served with plain stewed cucumbers and boiled rice, or serve with boiled rice and stewed squash.

LENTILS

These are the most easily digested of the *leguminous* seeds and may be served plain boiled, or with an equal quantity of boiled rice carefully heated with a little butter and chopped onion, or made into Soufflé according to the first recipe.

CABBAGE STUFFED WITH LENTILS

Wash one cupful of lentils, cover them with cold water, bring to a boil and drain; cover with boiling water and cook for about three-quarters of an hour. Boil one cupful of rice. Chop sufficient onion to make four tablespoonfuls, chop parsley for one tablespoonful. Mix all the ingredients together, add a teaspoonful of salt and one hard boiled egg, chopped fine.

Select a soft head of cabbage or Savoy, put it into a kettle of boiling water and let it stand until thoroughly wilted. Then open the leaves carefully to the very center, without breaking them from the stalk. Put in the center a tablespoonful of the lentil mixture, fold over the leaves, then cover these leaves with a thin layer, fold over the next row of leaves, and so continue until you have the head thoroughly stuffed. Tie it in a square of cheesecloth, having the knot at stem end of the cabbage. Put it into a kettle of boiling water, stem down, add a teaspoonful of salt, and boil, uncovered, for about three quarters of an hour. Lift and drain carefully.

Serve in a round dish, covered with a well made White Sauce. Garnish with a little chopped parsley.

EGYPTIAN ROLLS can be made from the outside leaves. Scald them and stuff with the same

mixture or seasoned chopped meat, fold in the sides and roll up the leaves, making them about the size of a finger. Pack these in a saucepan, cover with boiling water, add one or two cloves of garlic and the juice of a lemon. When they are done, make an English Drawn Butter Sauce, using the water in which they were boiled in place of plain water.

Nuts and nut dishes, spaghetti and macaroni with cheese, have meat value. Such dishes contain double amount of nourishment, at less cost than meat; but do require more skill in preparation.

To me, vegetable cookery is so attractive and clean, so beautiful with its varied coloring, that the getting of a meal, is a pleasure rather than a task.

We would, as a class, be far more healthful if we ate less *protieds,* less highly seasoned foods, and give up entirely fried and greasy foods and omitted heavy sweet dishes at the end of a heavy meal.

There are many sides to this vegetarian question quite well worth looking into.

For a greater number of meat substitutes, see Mrs. Rorer's book, "Vegetable Cookery and Meat Substitutes."

Cereals

All cereals used as breakfast foods must be thoroughly and carefully cooked.

Whole Oats *should* be soaked over night and cooked at least one hour in the morning. Whole wheat should be cooked over night if you keep a coal fire, or, cook it for two hours while you are in the kitchen and re-heat it carefully for breakfast.

When cereals are short in fat matter, as wheat, serve them with cream; omit sugar, as it frequently produces fermentation and upsets the balance. Oat meal, rich in fat, should be served with milk. Fatty breakfast foods, as wheat germ foods, should be served with milk; these are sold in packages, under various names, "Wheatlet" and "Wheatina" etc. Farina, which is also sold as breakfast food under different names, may be served with cream, and is an excellent cereal for hot weather. Corn meal, as usually ground, especially in the North, has the germ removed and contains very little fat, so it may be used, summer or winter, with milk; it must always be thoroughly cooked.

Fine Hominy, "Breakfast Hominy," should be soaked over night and cooked in a double

boiler at least an hour. In fact, all cereals should be cooked the night before, while supper or dinner is being served, and simply re-heated, without stirring, in the morning. This insures good cookery with the least expenditure of time when time is short in the morning. Better do without cereals than to cook them rapidly, stirring all the while; which makes them tasteless, unpalatable and pasty. Give your children oatmeal well cooked, it contains mineral matter that is good for both bones and teeth. Even very young children may have oat meal jelly mixed with milk, taken either from cup or bottle. Of course, a baby must have teeth before starchy food is given it.

OAT MEAL JELLY

Soak four tablespoonfuls of rolled oats or Irish oat meal in a pint of water over night. Next morning, wash it through a sieve, pouring the water over it once or twice. Put this water in a sauce pan over the fire and stir constantly until it reaches the boiling point, then stand it in boiling water and cook for at least thirty minutes.

If you cook it in a double boiler, cook it an hour and add a little more water if necessary.

This may be served alone with milk as a cereal, or mixed with milk in proportion of one-third to two-thirds of milk for the bottle.

RICE

All starchy foods must be carefully cooked and tender, but must not be over cooked or they will absorb water. This is especially true of rice, potatoes and macaroni.

HOW TO BOIL RICE

Wash the given quantity of rice through several cold waters, let it stand in the last water thirty minutes or an hour. Drain, throw it into a large kettle of boiling water and as soon as it reaches the boiling point, stir it with a fork from the bottom of the kettle, then let it boil rapidly without stirring fifteen minutes. Drain, saving the water for soups. Stand the colander or sieve over the pot in which the rice was boiled, throw over a pint of cold water and stand it back on the fire until the water underneath begins to boil and the steam passes through the rice to dry it. It may stand for five, ten or fifteen minutes, and it is ready for use.

Do not add salt to the water in which rice is boiled. Serve plain as a vegetable, or with cream as a breakfast cereal, or with Hard Sauce as a dessert

RISSOTTO

Put a layer of cold boiled rice in the bottom of the one-quart casserole, then a layer of the solid portion of canned tomatoes or fresh tomatoes peeled and cut into pieces, a dusting of salt, a layer of grated cheese, another layer of rice, tomatoes and cheese; you can have three layers if necessary, having the top layer cheese. Bake in a moderate oven half an hour, until the tomatoes are thoroughly cooked and the cheese melted.

If this is to take the place of the meat dish, add sufficient cheese to give it meat value; if it is to be served as a vegetable with chicken, add just enough cheese to flavor.

OLD FASHIONED RICE PUDDING

The rice here is put into the milk without washing, a small quantity only used, and the cooking prolonged until the starchy portion of the rice thickens the milk to a creamy consistency.

Allow two level tablespoonfuls of rice to each quart of milk; put it into the casserole with the milk, add two tablespoonfuls of sugar and about twenty-four seeded raisins. Stand the casserole in a moderate oven and keep stirring down the

crusts as fast as they form, until the rice begins to come to the top of the milk, then quickly brown and stand it aside to cool.

If one quart only is to be made, use the one-quart casserole; use the larger casserole for a larger quantity. I mean by this—do not put a small pudding in a large casserole, the milk will evaporate too quickly. It should evaporate one-third, and the pudding should be creamy, not thick, and of a golden color.

TO MAKE A RICE BORDER

Boil the rice as directed, drain and dry. Moisten a border mold with cold water, press the rice in so that the points are well filled. Turn a plate upside down on top of the mold, turn the whole over and shake out the rice and carefully lift the mold. Or when dry toss it carefully to the middle of a platter or serving dish, and with a fork push it to the edge of the dish in an even roll. Pour contents to be served in center and garnish the outer edge of rice with a roll of finely chopped parsley.

Batters

Batters are divided into four classes. First, the very thin batter, represented by pop overs; then batter that pours from a spoon—muffin batter; the batter that drops from a spoon—scone batter; and a dough represented by ordinary bread and biscuits. For all these recipes use a good bread flour, or the results will not be correct.

THIN BATTERS

The general manipulations of the thin batters are always the same.

POPOVERS

1 egg
1 cupful of milk
1 cupful of flour
1 saltspoonful of salt

Beat the egg until quite light and add the milk. Add the salt to the flour and then gradually stir in the egg and milk. When smooth, strain through a kitchen sieve back into the first bowl and bake at once in greased hot gem pans in a moderate oven thirty-five or forty minutes.

They must be thoroughly baked or they will fall. To test, lift them in the hand; if they are very light in weight they are thoroughly done; if they fall they have not been sufficiently baked.

NUN'S PUFFS

The same as the preceding recipe, except use two eggs instead of one.

GERMAN PAN CAKE

Use the second recipe, and bake in hot greased small pie dishes. When light and done, transfer them to heated dinner plates, dust with powdered sugar and pass with them a quarter of a lemon to each person.

YORKSHIRE PUDDING

Make Pop Over batter, and when the roast of beef is done, lift it to another pan; pour out nearly all the fat from the pan; turn in the batter, and bake in a quick oven thirty minutes. Put the meat in the oven to keep it warm.

MUFFIN BATTERS

(Batter that Pours from a Spoon)

This one recipe may be used for all kinds of muffins, simply substituting one flour for another.

BREAKFAST MUFFINS

2 eggs
1 cupful of milk
1½ cupfuls of flour
1½ teaspoonfuls of baking powder
1 saltspoonful of salt

Separate the eggs, beat the yolks and add the milk. Add the flour and salt, beat quickly and vigorously. Beat the whites of the eggs. Put the baking powder in the center of the batter, fold it over and beat again. Fold in the well beaten whites of the eggs and bake in twelve greased gem pans in a moderately quick oven twenty minutes.

WHOLE WHEAT MUFFINS

Follow the above recipe, substituting one and a half cupfuls of whole wheat flour for the white flour.

RYE MUFFINS

Follow the first recipe, substituting one cupful of rye meal and a half cupful of ordinary white bread flour.

CORN MEAL MUFFINS

Use the first recipe, substituting one cupful of corn meal and a half cupful of white flour.

RICE MUFFINS

Make according to the first recipe, but before adding the baking powder stir in a half cupful of cold boiled rice.

DATE MUFFINS

Use the Whole Wheat recipe, and before adding the baking powder stir in a half cupful of seeded, chopped dates.

Raisins or currants may be substituted for dates.

STRAWBERRY SALLY LUNN

Bake plain muffin batter in two pie plates, and put together with sugared berries, the same as Short Cake. Very nice.

PEACH CUPS

Make one-half the recipe for plain muffins. Put a tablespoonful of the batter in the bottom of each of six greased "Pyrex" custard cups or gem pans, put on top of this a half of a pared peach, then two more tablespoonfuls of the batter. Dust the tops with sugar, stand the cups in a shallow pan, and bake in a moderately quick oven twenty minutes. Turn from the cups and serve with cream.

Strawberries may be used in place of peaches.

PEACH DUTCH CAKE

Make half the recipe for plain muffins and pour it into a "Pyrex" layer cake dish or a large pie plate. Cover the top with sliced peaches, dust with six tablespoonfuls of sugar and bake in a moderately quick oven twenty minutes.

Serve in the dish in which it is baked, using either a Peach Sauce or cream.

APPLE DUTCH CAKE

Make precisely the same as Peach Dutch Cake, substituting apples for peaches.

In fact, blackberries, huckleberries, raisins or stoned stewed prunes may be used in place of peaches.

BOILED FRUIT PUDDING

Make a plain muffin batter, add one cupful of fresh or dried fruit after you fold in the whites of the eggs. Turn into a greased mould, cover, and steam or boil continuously for an hour and a half.

The best fruits to use are stoned cherries, currants, chopped dates or huckleberries.

SCONES (Batter that Drops from a Spoon)

DROPPED EGG SCONES

2 cupfuls of flour
2 teaspoonfuls of baking powder
1 egg
1 cupful of milk
1 tablespoonful of cotton seed or olive oil

Mix the flour and baking powder; add the oil and mix quickly with the egg beater. Then beat the egg until rather light, add the milk and pour this into the flour. Mix quickly and drop by tablespoonfuls into greased pie dishes, "Pyrex" preferably. Bake in a moderately quick oven twenty minutes. Transfer to a heated dish covered with a napkin and serve at once.

These are the lightest of all quick breads.

NUT LOAF

Follow the preceding recipe, adding a half cupful of chopped pecans, English walnuts or peanuts to the flour before adding the egg and milk. Beat quickly and turn into a greased bread pan, let it stand ten minutes by time and bake in a moderate oven forty-five minutes.

RAISIN BREAD

Make precisely the same as nut bread, substituting one cupful of raisins.

CHEESE SCONES

Make according to the first recipe, adding to the flour before adding the egg and milk four level tablespoonfuls of grated Parmesan cheese. Mix quickly and drop by spoonfuls the same as plain scones.

CURRANT SCONES

Make a plain scone batter using the first scone recipe, mixing with the flour a half cupful of dried currants, before adding the egg and milk. Drop by tablespoonfuls on pie dishes, and bake fully twenty minutes in a moderately quick oven.

CORN FLOUR SCONES

These are the nicest of all hot breads.

Make according to first scone recipe, using one cupful of bread flour and one cupful of corn flour. Mix well.

Corn flour is not fine corn meal—nor corn starch—although it will take the place of the latter in puddings, soups and sauces. It is sold in bags at all first class grocers.

Dough

EGG ROLLS

2 cupfuls of flour
2 teaspoonfuls of baking powder
1 egg
⅔ cupful of milk
1 tablespoonful of butter
1 saltspoonful of salt

Put the flour in a bowl and rub in it thoroughly the butter, add the salt and baking powder and mix with an ordinary wire egg beater. Beat the egg, add the milk, and add this gradually to the flour. The dough must be moist, not wet. Save about two tablespoonfuls of the egg and milk in the bowl, if possible, for brushing. Knead the dough quickly and roll it out into a sheet about half an inch in thickness. Cut with a large round cutter, and with a round spoon handle press down into the center of each, making a sort of hinge. Brush one half with milk, fold over the other half like a pocketbook roll, press together and place them in greased shallow baking pans. Brush the tops with the left over egg and milk and bake in a moderately quick oven twenty minutes.

STRAWBERRY SHORT CAKE

Make the egg roll dough as in the preceding recipe, knead it, roll out and cut it to fit the bottom of a good sized pie dish. Brush with milk and bake in a quick oven twenty minutes.

Stem and sugar the strawberries, mashing them slightly.

When the cake is done, pull it apart, take out a portion of the soft center, butter the under half, fill with strawberries, put on the top, cover with the remaining berries and serve at once with a pitcher of cream.

PEACH SHORT CAKE

Make precisely the same as Strawberry Short Cake, using peaches cut into small pieces and slightly sugared. Garnish the top in spiral fashion with sliced peaches, dust with powdered sugar and serve with a pitcher of cream.

NUT BREAD

Add to the flour mixture, before adding the egg and milk, one cupful of ground nuts, pecans, English walnuts or peanuts. Add the egg and milk, knead into a loaf, put it in a greased bread pan, brush the top with a little milk, let it stand ten minutes and bake in a moderate oven forty-five minutes.

PIN WHEELS

Make the egg roll dough, roll it into a thin sheet, spread lightly with butter, dust thickly with sugar and lightly with cinnamon, sprinkle over a few currants, roll up the sheet and cut into biscuits two inches high. Stand these, ends down and up, in a well greased pie dish and bake in a very moderate oven a half hour.

Caution: As the sugar melts, these are very easily burned. Use either a "Pyrex" dish or bake them in a very moderate oven on granite pan.

Serve warm.

ROLY POLY

Make the egg roll dough, roll it into a rather thin sheet, cover it with either chopped apples dusted with sugar, or raisins that have been soaked until soft, or jam, huckleberries or blackberries. Roll the dough over just the same as you would for Pin Wheels, bring the two ends together. Place it in a greased shallow baking pan, brush the top with what egg and milk is left in the bowl, and bake in a moderately quick oven about three-quarters of an hour.

Serve warm with a pitcher of cream or milk.

Yeast Breads

With our present system of milling and our good wheat, we are always able to get very good bread flour. The term "bread flour" refers to a flour that is a little yellow in color, quite rich in *proteids*—muscle building foods, and as you rub it on the board is a little granular. When you press it in your hand it will not hold the shape—as soon as you remove the pressure, it crumbles easily. It does not require sifting as do the more starchy pastry flours. This quality of flour, at a good price, is cheaper than soft flour at a low price. Good flour holds more water and yields many more loaves of bread to the barrel. The "Minnesota Patents" are good bread flours.

The soft starchy flours are good for pastry and cakes, and need only be purchased in small quantities. Good pastry flour is a yellowish white, very starchy and easily retains the form of the hand under pressure. It must be sifted before measuring.

Avoid the bluish white flours; they are usually colored.

"Whole wheat" flour should be made from the whole wheat grain, ground. Many commercial whole wheat flours are made from the grain

divested of the outside bran and frequently the germ. It must be a rich brown color and rather granulated or coarse. Good whole wheat flour contains all the *albuminoids* and the nutritive mineral matter of the wheat. It is decidedly the best flour to use for children.

The "gluten" flour in the market is not always true gluten. Some varieties are poor, containing more starch than ordinary bread flour.

The Graham flour that is sold today is composed of a white flour mixed with a goodly quantity of bran and frequently a small portion of "shorts" or "middlings."

The quantity of liquid used for bread making cannot be exact, as flour at different seasons of the year will frequently require different quantities of liquid. Hence, in a recipe for bread use the exact amount of liquid and yeast, adding more or less flour as required. A little practice will determine the quantity of flour needed, so that the housewife may always have bread of uniform quality. The liquids used for bread making may be all milk, all water or half milk and half water, or, in country places where cottage cheese is made, all whey. If milk is used, scald and cool it, or it will sour in the sponge.

With our present system of milling, potatoes are rather a disadvantage and do not add to the

quality of the bread; and the water in which potatoes are boiled is never desirable.

During the summer months, avoid sugar and slightly increase the salt; in the winter, when fires are low and bread is sponged at night, two tablespoonfuls of sugar to each quart of liquid will aid the activity of the yeast. Salt acts as a guard keeper; is needed perhaps in summer but not in winter.

Avoid shortening of all kinds.

THE YEASTS

Yeasts are living plants belonging to the *fungi,* plants devoid of *chlorophyl;* they are killed by scalding and cold retards their growth.

The two varieties best for home bread making are the moist compressed yeast cakes and the granulated pure dry yeast. The first is frequently sold under the name of "German Yeast," and can be purchased at any grocery store in almost every city and town in the country. The granulated dry yeast can be purchased in tin boxes at all grocery stores, and keeps until used. It does not come in cakes.

Home made yeasts are objectionable.

WHITE BREAD No. 1

Put one quart of lukewarm water into a bowl, add one heaping teaspoonful of dry yeast or one compressed yeast cake broken into small bits. Add a half teaspoonful of salt, stir until the yeast is thoroughly moistened and then add two quarts, or eight cupfuls of flour; beat thoroughly, using, if possible, a stiff wire egg beater. Then add two extra cupfuls of flour, beat again, scrape down the sides of the bowl and stand in a warm place, about seventy degrees Fahrenheit and not lower than sixty, over night. Early next morning, add sufficient flour to make a dough that can be kneaded on a board. Knead rapidly until the dough becomes elastic and loses its stickiness, then pound with a potato masher or bread mallet for two or three minutes, folding over the dough as you pound it out. Knead again, divide it at once into loaves, put each loaf in a greased pan, cover and stand in the same warm place until it has doubled its bulk and feels light when lifted, about an hour and a half. Bake in a moderately quick oven three-quarters of an hour. The crust should be brushed with water before the bread is put in the oven.

When the bread is done, turn it from the bread pans and lean each loaf against a rack or pan,

so that the air will pass around it. When perfectly cold, put the bread in a clean tin bread box, without wrapping.

Bread may be sponged at ten o'clock at night and be ready for baking by ten o'clock the next morning, even if the thermometer, where it is standing, should go down to sixty degrees Fahrenheit.

WHITE BREAD No. 2

Scald one pint of milk; add one pint of water, and when lukewarm, add one heaping teaspoonful of dry yeast or one compressed yeast cake crumbled, and a level teaspoonful of salt.

Follow the directions in preceding recipe.

WHOLE WHEAT BREAD

Follow either of the preceding recipes, making the dough a little softer than white bread.

THE CORN FLOUR LOAF

Scald a pint of milk; add a pint of water, a level teaspoonful of salt, one heaping teaspoonful of dry yeast or one compressed yeast cake crumbled. Stir until the yeast is dissolved and add two cupfuls of corn flour. Beat thoroughly about one minute, and then add bread flour and finish according to the first recipe.

Corn flour reduces the cost of bread and gives a light, very sweet loaf. Corn flour is not corn meal, but a fine flour from the white corn. It may also be used in sweet dishes in place of corn starch.

SWEET YEAST BREADS

These doughs or batters are used for Cinnamon Buns, plain Coffee Cake and Raisin Bread.

1 pint of milk
1 compressed yeast cake or
1 heaping teaspoonful of dry yeast
½ teaspoonful of salt
4 level tablespoonfuls of shortening
4 tablespoonfuls of sugar
2 eggs

Scald the milk; add the shortening and when lukewarm add all the other ingredients, the eggs, well beaten. Stir until the yeast is moistened, add three cupfuls of bread flour and beat with a wire egg beater until thoroughly smooth and well mixed. Scrape down the sides of the bowl and stand aside until very light. Sponge at night, with the bread. In the morning, add flour to make a soft dough, working it with a spoon or spatula in the bowl, cover and stand aside until it doubles its bulk.

FOR CINNAMON BUNS, roll it out into a thin sheet, spread lightly with butter, dust thickly

with sugar using at least one cupful, lightly with cinnamon and sprinkle over a few currants. Roll up, cut into buns one and a half inches high and stand them cut side up and down in a round pan, crowding them close together.

These may be baked in the "Pyrex" casserole, without the cover using it just the same as you would a baking pan.

Cover and stand aside again until very light, and bake for three-quarters of an hour in a moderate oven.

As the sugar melts and goes to the bottom of the pan they will burn easily, so transfer them to the shelf in the oven as soon as they are lightly browned underneath.

They should turn out in a solid cake; cut or pull apart with a fork.

COFFEE CAKE

After the dough is light, pinch off little pieces, three or four tablespoonfuls, roll them out under the hand into a long roll about the diameter of your finger. Put two ends together and twist them, rope fashion, and put them in a greased shallow baking pan. Or they may be twisted around in a greased pie dish. After they are made, cover and put aside until very light. Brush lightly with milk and bake in a quick

oven fifteen minutes. While they are hot, put over the tops a little melted fondant or plain water icing.

RAISIN BREAD

After the dough is light in the morning, add two cupfuls of seeded raisins and one cupful of sugar to a pint of dough. Beat thoroughly, add a level teaspoonful of cinnamon, mix and pour the batter into a greased one-quart casserole. Cover with a napkin and stand aside until light, then bake in a moderate oven about three quarters of an hour.

Serve as a breakfast cake in place of rolls.

Without raisins, this may be baked in shallow baking dishes and, when cold, sliced and toasted in the oven for Zweibach.

The Simplicity of Cake Making

For even fine cake making it is not necessary to have a dozen different recipes. Such cookery is drudgery. Become familiar with a few recipes and use them for many dishes by changing the fillings and finishings.

Use the standard kitchen cup, holding a half pint and marked in quarters and thirds.

Where butter is used, it must be beaten to a cream with the yolks of the eggs and the sugar. Do this quickly and thoroughly. There is no necessity for beating each separately.

Water makes a cake more tender than milk. Use it for all delicate cakes.

Cream or sour cream takes the place of butter or other shortening in cakes or breads.

Two tablespoonfuls of olive or Wesson oil are equal to four tablespoonfuls of butter, and make a much lighter cake.

Use a rounding teaspoonful of baking powder to each cupful of flour. This equals two level spoonfuls.

When bread flour is substituted for pastry flour, use one-fifth less.

Cakes without butter should be baked more quickly than those containing butter.

When a cake swells in the middle after it is browned, the oven has been too hot at first. If it is high on one side and low on the other it is in the wrong position in the oven; turn it gently without lifting, once or twice during the first half hour's baking, so that all sides will be uniformly exposed to the heat, or put it in the middle of the oven.

To grease the pans, use an ordinary five cent varnish brush. These are sold at the housefurnishing stores under the name of pastry brushes. Each time they are used they should be washed in warm soapy water, rinsed and dried.

Brush the pans with melted suet, or oil. Do not use butter, as it burns easily and spoils the flavor of the cake.

After the pans are greased, they may be dusted lightly with sifted bread crumbs or flour, or it may be advisable, especially in a gas stove where you have strong under heat, to line the pans with Manila paper, brushed with oil or other fat. See that the paper fits the pan nicely, irregularities spoil the crust.

Cakes From Sponge Batter

PLAIN SPONGE CAKE

This is half the rule for Sponge Cake in my "Philadelphia Cook Book," and may be used for a dozen different cakes, by slightly changing the form of baking.

1 cupful of fine granulated sugar (½ lb.)
1 cupful of sifted pastry flour (¼ lb.)
5 eggs (½ lb.)
Juice and grated rind of
½ lemon, or
1 teaspoonful of vanilla

Separate the eggs, beat the yolks until light, adding gradually the sugar, then add the lemon rind and juice. Beat the whites of the eggs until they are stiff and dry, add half to the sugar mixture, then sift in lightly half the flour, then the remaining half of the whites of the eggs and the remaining half of the flour.

Bake this in a square greased sponge cake pan or Turk's head.

Four eggs may take the place of five, providing you sift a level teaspoonful of baking powder with the flour.

FRENCH MOCHA CAKE

Make a Plain Sponge Cake, reserving the yolk of one egg and sifting a level teaspoonful of baking powder with the flour. I mean, use the yolks of four eggs and the whites of five, saving one yolk for the filling. Bake it in two layers.

While the cakes are cooling, beat to a cream four level tablespoonfuls of butter; add the yolk of the egg and a half cupful of powdered sugar and beat again until very very light, then add a teaspoonful of coffee flavoring or, if you choose, a tablespoonful of home-made black coffee. Beat again, and spread it over the top of one cake, put over the other cake, dust with powdered sugar and finely chopped toasted almonds. This will take about twenty-four almonds.

SPONGE GEMS

Make Plain Sponge Cake and bake it in twelve greased gem pans. When done, ice with either chocolate or orange icing.

BOSTON CREAM SPONGE CAKES

Make Plain Sponge Cake and bake in twelve round bottom gem pans or in "Pyrex" custard cups. When done and cool, remove the tops and scoop out the centers. At serving time, fill with

sweetened and flavored whipped cream, replace the tops, cover with soft vanilla icing and serve as a dessert.

Save the portion taken from the centers for Cabinet Pudding.

STRAWBERRY SPONGE CAKE

Make Plain Sponge Cake and bake it in two layers.

Hull a box of strawberries, and when the cakes are done and still warm cover one with a thick layer of whipped cream, place the strawberries all over the cream, dust with powdered sugar, put on the other cake, then another layer of whipped cream and strawberries. Serve.

ORANGE CREAM PIE

Make Plain Sponge Cake and bake it in a shallow greased baking pan or a "Pyrex" utility pan. When done, turn it out to cool.

Put two cupfuls of milk in a double boiler over the fire, add a level tablespoonful of cornstarch, moistened, and cook until the milk is creamy thick. Beat two eggs without separating with four tablespoonfuls of sugar, add hastily to the hot milk, stir a minute until the eggs are cooked, take from the fire and add the grated yellow rind

of half an orange. Stand aside until partially cool and then add the juice of the half orange.

Cut the cake into halves, crosswise. Put one half in the bottom of a platter, dust it thickly with chopped nuts, pecans or English walnuts, put over a layer of the custard, then put on the remaining half of the cake, pour over the remaining custard and send at once to the table.

Use as a dessert.

WASHINGTON PIE

Put one cupful of milk in a double boiler and add a level tablespoonful of cornstarch, moistened, stir and cook until rather thick. Add the yolks of two eggs beaten with three tablespoonfuls of sugar, cook again just a minute, take from the fire, add a teaspoonful of vanilla and stand aside until cold.

Make a Plain Sponge Cake, using the yolks of two eggs and the whites of the four; that is, use the whites left from the two yolks used for the filling. Flavor the sponge cake with vanilla and bake in two greased layer cake pans or pie dishes. When done, put one cake on the serving dish, put all the filling over the top, put on the other cake, dust thickly with sugar and send to the table.

Use as a dessert.

JELLY ROLL

Make a Plain Sponge Cake. Line a good sized shallow baking pan with oiled paper, turn in the sponge cake mixture and bake in a quick oven about fifteen minutes. When done, turn the cake out on a dampened towel, spread it quickly with jelly, currant or raspberry preferred. Break the crisp edges with a knife handle and roll up the cake. Wrap the towel around and let it stand for a few moments, then put it aside for use.

JAM CAKE is made precisely the same way, using gooseberry or raspberry jam.

MARMALADE ROLL is a Jelly Roll filled with orange marmalade instead of jelly.

MARSHMALLOW SPONGE

Make Plain Sponge Cake and bake in two layer-cake pans.

While these are baking, blanch, toast and chop rather fine a quarter of a pound of Jordan almonds; cut a half pound of marshmallows into ten or twelve pieces each. Make half the rule for Soft Icing; when it is cool and thick, stir in the nuts and the marshmallows, spread this over one cake, put the other on top, dust with powdered sugar, and serve.

LADY FINGERS

For these you use the Plain Sponge Cake recipe, slightly changing the manipulation.

Beat the eggs without separating until *very very* light, add the sugar, the juice and grated rind of half a lemon and beat, by time, five minutes with a wire egg beater. Then stir in the flour carefully.

Cover tin sheets with oiled or slightly greased paper and dust them thickly with sugar. Put the mixture in a pastry bag and press it out into the shape of lady's fingers, or shape them with a teaspoon. Have powdered sugar in an ordinary dredging box, dredge the lady fingers and bake about ten minutes in a moderate oven. Lift the paper from the pan and lay it on a damp towel. In a few minutes you can remove the fingers with a spatula or thin knife. Put two together at once, and stand them aside on a cake sieve or towel.

SPONGE DROPS

Make a lady finger batter and drop by tablespoonfuls from the tip of the spoon on to oiled paper, dust with powdered sugar and bake in a moderate oven ten minutes. When done, lift the paper to a damp towel and remove

the cakes. Put a teaspoonful of Chocolate or Vanilla Icing in the center of each and press in a half pecan meat, or put together with jelly.

Grafton Batter

Another batter that can be used for many cakes is the old fashioned Grafton Batter. Simple and inexpensive as it is, it may be used for layer cake, plain loaf cake, nut cake and small fancy iced cakes.

GRAFTON LOAF CAKE

2 eggs
1½ cupfuls of fine granulated sugar
4 level tablespoonfuls of butter
1 cupful of lukewarm water
2½ cupfuls of pastry flour or
2 cupfuls of bread flour
2½ rounding teaspoonfuls of baking powder
Flavoring

Beat the butter, sugar and eggs with an ordinary wire egg beater until very light. Sift the baking powder and flour. Add the flavoring to the sugar mixture, then add half the water, half the flour, the remaining water and the remaining flour. Beat vigorously for about two minutes, turn into a loaf cake pan and bake in a moderate oven about three-quarters of an hour.

PLAIN LAYER CAKE

Make Grafton Cake, and bake it in three layer cake pans. Put it together with any cake filling.

GEM CAKES

Make Grafton Cake, and bake it in "Pyrex" custard cups or gem pans. Ice with Maple or Chocolate Icing.

SMALL FANCY CAKES

Make Grafton Cake, and bake it in a large, greased, paper-lined, shallow roasting pan.

When done, turn it out carefully and cut it into desirable shapes with fancy cutters; or use a knife, making some into dominoes, and some round, no larger than a silver dollar. Put two together with a little jelly or jam between and ice them, top and sides, with either Chocolate, Vanilla or Rose Icing. Ice the dominoes with White Icing and dot them with Chocolate Icing, using a wooden toothpick or skewer.

By giving the shapes a little thought, a great variety of small cakes may be made from one cake.

EVERY DAY FRUIT CAKE

Make a plain Grafton Cake, and have ready to stir in at the last minute, one pound of raisins, one pound of currants, a half pound of lemon and orange peel shredded and a half pound of shredded citron mixed with a half cupful of flour. Add to the batter a level tablespoonful of nutmeg grated and a half teaspoonful of cloves. Stir in the fruit and bake in two three-pound fruit cake pans or in one six-pound pan. They should be baked slowly for at least two hours; it is wise to line both the sides and bottom of the pan with greased paper.

WHITE CAKE BATTER

Many cakes can be made from a plain white batter, frequently using the whites of eggs left over from sauces or Mayonnaise Dressing.

PLAIN LADY CAKE

½ cupful of butter
1½ cupfuls of fine granulated sugar
1 cupful of water
2½ cupfuls of pastry flour
2½ rounding teaspoonfuls of baking powder
Whites of 5 eggs
1 teaspoonful of bitter almond or vanilla extract

Beat the butter and sugar until very light, sift the flour and baking powder, measure the water

and beat the whites of the eggs to a stiff froth. Add the flour and water alternately to the sugar mixture, beating at last for at least two minutes, then add the flavoring and fold in the well beaten whites. Bake in a loaf cake pan and ice with Vanilla Icing.

ICE CREAM CAKE

Bake a Plain Lady Cake in three layers. Put the layers together with soft Vanilla or Nut Icing, dust the top layer with sugar or cover with icing, or use Opera Chocolate Filling and call it Chocolate Layer Cake.

CHOCOLATE LOAF CAKE

Make Plain Lady Cake, using one-half the butter. Just before adding the whites of the eggs, stir in four ounces of melted chocolate, add a teaspoonful of vanilla and bake in a square or round loaf pan.

The chocolate is usually divided into squares, each square being an ounce. To melt this, put it in a cup and stand it in a saucepan of hot water.

This chocolate batter may also be baked in three layer-cake pans, put together with White Icing; it is then Brown Stone Front.

ENGLISH WALNUT CAKE

Make a Plain Lady Cake, adding, just before folding in the whites of the eggs, a half cupful of chopped English walnuts, a teaspoonful of caramel and one of vanilla. Bake in a round loaf cake pan. When done and cool, ice the cake with plain Vanilla Icing and garnish the top nicely with halves of English walnuts.

COFFEE LOAF CAKE

Make a Plain Lady Cake, using one cupful of strong coffee in place of the cupful of water. Bake in three layers, and put together with Caramel Filling.

MOLASSES FRUIT CAKE, WITHOUT EGGS OR BUTTER

½ cupful of molasses
1 cupful of thick sour cream, or
1 cupful of thick sour milk with
3 tablespoonfuls of cotton seed oil
1 teaspoonful of baking soda
3 cupfuls of ordinary bread flour
1 cupful of sugar
1 lb. of raisins
1 teaspoonful of ground cinnamon
1 nutmeg, grated

Put the soda in a bowl and add two tablespoonfuls of cool water, stir until the soda is dis-

solved. Add the molasses, sour milk, oil or cream and sugar and stir until the sugar is dissolved; add the flour and spices and beat until smooth. Pull the "seeded" raisins apart and stir them in the batter. Turn into a greased bread pan and bake in a moderate oven an hour.

When cool, put aside in a tin box for at least four days before cutting.

ROMAN PIE

Crust.—One cupful of flour, one tablespoonful of butter rubbed in, add one tablespoonful of sugar, one egg beaten with one tablespoonful of water. Roll out thin and line a "Pyrex" or plain deep pie dish.

Pie.—Beat three small eggs for ten minutes, add a half cupful of sugar and beat ten minutes more; add one teaspoonful of vanilla, a half cupful of chopped almonds, two tablespoonfuls of cocoa and half a cupful of rolled Graham crackers. Pour this into crust and bake slowly. Ice and dust with chopped almonds.

THE FRENCH *CHOUX* BATTER

This batter may be used for cream puffs, èclairs, Queen fritters, Siamese Twins, puff patties, and the tiny little balls that are seen floating in chains on the top of cream soups.

CREAM PUFFS

4 tablespoonfuls of butter
1 cupful of boiling water
1 cupful of sifted pastry flour
4 eggs

Put the butter and water over the fire to boil. When the butter is melted and the mixture boiling, turn in hastily the cupful of dry flour and begin at once to stir and stir until you have a smooth paste that will leave the sides and bottom of the pan. Take from the fire and when cool, break in one egg. Beat with a strong wire egg beater, then add another egg and so continue until you have added the four. At the last, beat for five minutes, by time, and the batter is ready for use.

CAUTION.—The flour must be added hastily, all at one time. Stir quickly at once, and continue until the dough is smooth. There is no danger of having a lumpy dough if the directions are followed.

Drop the mixture on the bottom of a greased pan by tablespoonfuls and slightly flatten them. Bake in a moderate oven until they are perfectly hollow in the center, about forty-five minutes, and they are ready to fill with either whipped cream or cream filling.

If all the shells are not to be used the day of baking, do not fill them, as the custard is apt to spoil. The shells can be reheated and filled at serving time.

ÈCLAIRS

Èclairs are made from the Cream Puff batter. Put it in a pastry bag and press into narrow shapes through a half inch plain pastry tube. Bake precisely the same as Cream Puffs, fill with plain custard filling and dip the bottoms, which are the tops in serving, in either Coffee, Chocolate or Vanilla Icing.

SIAMESE TWINS

These are made by dropping two teaspoonfuls of the *choux* batter in a pan, near together so that in baking they join.

When done, fill with French Nut Filling and serve as small cakes.

PUFF BALLS

To use this batter for Puff Balls, make half the quantity, put it in a pastry bag using a very small tube, with an opening the size of a pea; press the batter out in tiny balls on greased paper, and bake until light and dry.

A quantity of these balls may be made and put aside to be reheated at serving time. They will keep for three or four days.

QUEEN FRITTERS

After the last beating of the Cream Puff batter, heat carefully two pounds of fat in a deep frying pan. As soon as the fat is sufficiently hot to brown a crumb of bread while you count twenty, drop in five or six teaspoonfuls of the batter. As the batter swells to at least four times its size, do not put in more than this quantity. They will turn and crack and turn until they are done. Lift them with a skimmer, drain, dust with powdered sugar and serve plain or with a pudding sauce.

RAGLETS

These are made from *choux* batter. When made, put it in a pastry bag and press through a plain tube into the hot fat. Be very careful to give the bag a quick twist, making them small and round, and do not put too many in at a time. Turn them when they are brown on one side, and cook until light in color and weight.

Mix a teaspoonful of cinnamon with a cupful of powdered sugar. When the raglets are done,

lift them with a skimmer, drain and roll them in cinnamon and sugar.

Serve with coffee or chocolate for afternoon tea, or as a dessert for luncheon or supper in winter.

They will not keep over night, and are much better when used two or three hours after making.

PUFF PATTIES

Grease lightly the outside of round timbale cups and stand them on a greased paper in the bottom of a baking pan. Put Cream Puff batter in a pastry bag holding a half inch plain tube. Press the batter out around the cups coming toward the top making one roll rest on another. Go around three or four times. Bake in a moderate oven a half hour. Slip out the cups and use the shells the same as other patty shells for creamed chicken or oysters. These should be light and free from grease and more wholesome than ordinary pastry.

Cake Fillings, Frostings or Icings

CREAM FILLING

½ cupful of sugar
3 level tablespoonfuls of flour
1 egg
1 cupful of milk
1 teaspoonful of vanilla or other flavoring

Mix the sugar and flour together and add gradually the milk, scalding hot; return to the double boiler, stir constantly until it thickens, cover and cook ten minutes. Then add it to the egg, well beaten, strain, add the flavoring and stand aside to slightly cool.

This may be used for Èclairs, Cream Puffs and Cakes needing a thick filling.

CHOCOLATE THICK FILLING

Put two squares of bitter chocolate into a little sauce pan over hot water; when melted, add it to the preceding recipe. Cook and add the egg.

COFFEE

Use one cupful of strong coffee in the place of one cupful of milk, or make a Cream Filling and add one tablespoonful of coffee extract.

BUTTER FILLING

½ cupful of butter
1½ cupfuls of powdered sugar
Flavoring

Beat the butter to a cream, adding gradually the sugar; when all the sugar has been added, beat five minutes, by time.

Vanilla, coffee extract or melted chocolate may be added. With coffee, this is frequently called Mocha Butter Filling. This when cold is also used with pastry tube to decorate the tops of large cakes.

CHOCOLATE FILLING

2 squares of bitter chocolate
1 cupful of sugar
3 tablespoonfuls of cream
1 teaspoonful of vanilla

Stand the chocolate in a sauce pan over hot water and when melted add the cream and sugar. Stir until smooth, cook until it slightly hardens when dropped in cold water. This must be constantly stirred and watched or it will scorch. Take from the fire, add the vanilla and it is ready for use.

This may be used for filling Grafton or White Cake, baked in layer-cake pans or as an icing for èclairs.

BOILED ICING OR FILLING

Put one cupful of sugar and a half cupful of water in a sauce pan over the fire. As soon as the sugar is dissolved, let it boil about three minutes, until the syrup spins a heavy thread. Beat the whites of two eggs to a stiff froth and add gradually the boiling syrup, beating all the while. When cool and thick enough to spread, it is ready for use.

This boiled Icing is also used as the base of Chocolate, Coffee, Caramel, Vanilla, Rose and Almond Soft Icing.

Caution.—If it is too thin, you have not boiled the sugar long enough; if it is too thick, you have boiled it just a minute too long.

When one egg is substituted for two, you have the White Mountain Icing.

Chopped nuts and marshmallows cut into pieces may be added to boiled icing after the last beating.

GERMAN ICING

This is the simplest of all icings, and is nice for Coffee Cakes or other plain cakes where a little sweetening only is needed.

Sift confectioner's sugar into a sauce pan, and to each cupful allow one tablespoonful of boiling

water or other liquid; stir until the sugar is moist and thin enough to spread. Use at once.

TO MAKE GELATIN ICING, simply add a teaspoonful of gelatin, dissolved in a little water to a German Icing in place of plain water.

TO MAKE ORANGE GERMAN ICING, grate the yellow rind of the orange into the sugar and rub it thoroughly until the sugar is yellow, then add just enough orange juice to moisten the sugar.

FRUIT FILLING FOR LAYER CAKES

Make a Boiled or Soft Icing, and when cold and quite stiff add a half cupful of chopped figs, or conserved cherries, or pineapple, or dates and raisins—in fact, one can use any of the dried fruits alone or with a mixture of nuts.

ROYAL ICING

Sift half a pound of confectioner's sugar. Put the white of one egg into a bowl and with an egg beater beat it slightly, then begin to add the sugar by tablespoonfuls, beating all the while, until you have a thick smooth icing. Flavor with vanilla sugar, do not use extract.

This is the icing that hardens when dry, and is used frequently for decorating cakes.

If it is too soft to hold the shapes or designs when pressed through a pastry tube, add more sugar. On the other hand do not feel obliged to add the entire amount of sugar if it is not needed.

MAPLE ICING

Make a Soft or Boiled Icing, using one pound of maple sugar, one-half cupful of water and the whites of two eggs.

OPERA CHOCOLATE FILLING

1½ cupfuls of brown or maple sugar
¾ cupful of thick sweet cream
1 square of chocolate
1 teaspoonful of caramel
2 tablespoonfuls of finely chopped black walnuts
1 teaspoonful of vanilla

Put the sugar and cream over the fire in a sauce pan; when they are hot, add the chocolate, melted, and stir and boil until it forms a soft ball when dropped into cold water. This will take fully thirty-five minutes. Take from the fire and when a little cool, add all the other ingredients, stand the sauce pan in another of cool water and beat until it is sufficiently thick to spread.

Use between layer cakes.

PLAIN CHOCOLATE FILLING

3 squares of chocolate
1 tablespoonful of butter
1½ cupfuls of sugar
1 teaspoonful of vanilla

Stir the chocolate, sugar and butter together in a sauce pan over boiling water until they are soft, then boil and stir until they form a soft ball when dropped into cold water. Take from the fire and add the vanilla.

This is an exceedingly good icing for Chocolate Èclairs or ordinary cake.

FRENCH NUT FILLING

Beat two tablespoonfuls of butter with the yolk of one egg, add gradually a half cupful of powdered or confectioner's sugar, beating all the while. When light add a tablespoonful of caramel and stir in a half cupful of chopped nuts, English walnuts or pecans, or mixed nuts.

This is used for Siamese Twins and for Margeurites—crackers with a nut mixture on top, covered with meringue, and slightly browned.

Bavarian Creams

It is not necessary to write twenty recipes for twenty Bavarian Creams. Become familiar with the law of jelly making, that is, the quantity of liquid to use for each box of gelatin, and change the flavor only.

The point to be remembered is this—a level tablespoonful of granulated gelatin will "hold" one cupful, a half pint, of liquid and one cupful, a half pint, of cream, whipped to a stiff froth. The half pint or cupful of liquid may be orange juice, strawberry juice, clear coffee, nicely strained apple sauce, peach purée, grated pineapple, mashed raspberries or a mixture of raspberries and currants. The quantity of sugar must be changed to suit the acidity of the liquid. For instance, coffee will take less sugar than orange juice or currant juice.

In each case, the gelatin will be covered with four tablespoonfuls of cold water. Then stand it over the tea kettle and stir until it is thoroughly melted, add the sugar and the fruit juice and continue stirring. Take from the fire and strain. If one is making Coffee or Chocolate Bavarian Cream, simply soak the gelatin and add it to the hot coffee or chocolate.

The directions for making one will answer for all. Cookery is drudgery only when the cook fails to learn the law that governs recipes.

COFFEE BAVARIAN CREAM

1 tablespoonful of granulated gelatin
4 tablespoonfuls of water
¾ cupful of good strong coffee
4 tablespoonfuls of sugar
1 cupful of thick cream

Soak the gelatin for ten or fifteen minutes, then add the hot coffee and the sugar. When this is dissolved and cool, strain it into a bowl and stand the bowl in another of cracked ice or ice water. Have the cream whipped to a stiff froth. As soon as the jelly begins to thicken, fold in thoroughly the whipped cream—this may be done with a wire egg beater. Turn it at once into the mould and stand it aside to stiffen.

Caution.—Do not let the gelatin mixture get too stiff before adding the cream, or the Bavarian Cream will have the appearance of being lumpy. The cream may be added as soon as the mixture is cool, and then stir carefully, slowly and thoroughly from the very bottom of the bowl.

Use left-over chocolate the same as coffee, and in like quantity also hot apple or peach sauce.

ORANGE BAVARIAN CREAM

1 cupful of orange juice
1 tablespoonful of granulated gelatin
4 tablespoonfuls of water
6 tablespoonfuls of sugar
1 cupful of cream

Cover the gelatin with the water, soak ten or fifteen minutes and add the sugar, stir over hot water until the gelatin is dissolved. If necessary, add two or three tablespoonfuls of the orange juice. Then add all the orange juice, take from the fire, strain into a bowl, stir for a minute, add the whipped cream and stir carefully and constantly until thoroughly mixed, keeping your spoon near the sides and the bottom of the bowl. Turn into a mould and stand aside to stiffen.

WALNUT BAVARIAN CREAM

Where materials like chopped nuts are added to the mixture, they should be added before the cream is stirred in.

For instance, put one tablespoonful of granulated gelatin into a cupful of cold milk, soak for twenty minutes, then add four tablespoonfuls of sugar, one tablespoonful of caramel, and stir over the fire until the gelatin is dissolved and the milk scalding hot. Take from the fire, add a

teaspoonful of vanilla and, when cool, add three level tablespoonfuls of chopped black walnuts. Stir this until it just begins to thicken and then fold in the whipped cream.

JERUSALEM PUDDING

Add a half cupful of cold boiled dry rice and twelve stoned chopped dates to a Walnut Bavarian Cream. The form of making is the same.

A QUEEN MAB PUDDING

An Egg Bavarian Cream

Soak the tablespoonful of gelatin in one cupful of cold milk ten minutes, heat in a double boiler, beat the yolks of two eggs with four tablespoonfuls of sugar, add the hot milk, stir until it thickens, just a moment, take from the fire, add a teaspoonful of vanilla, and when cool, fold in a cupful of cream, whipped. Stir slowly from the bottom and sides of the bowl until well mixed. Turn into individual molds to stiffen. Serve plain or with cream.

Sponges

A sponge has the appearance of a Bavarian Cream, although it is made entirely without cream, using the whites of the eggs in its place.

All Sponges are made more or less alike, and one recipe will answer for many.

APPLE SPONGE

2 tablespoonfuls of granulated gelatin
1 lb. of tart apples
1 cupful of sugar
1 pint of boiling water
Grated rind of 1 lemon and
Juice of 2 lemons
Whites of 3 eggs

Boil the sugar and water together until clear, skim and add the apples that have been pared, cored and cut into thin slices. Cover the gelatin with two tablespoonfuls of cold water and let it stand until the apples are tender, then add it to the apples and press the whole through a fine sieve. Add the rind of one and juice of two lemons and turn into a bowl, stir until it begins to thicken and then fold in the well beaten whites of the eggs; turn into a mould and stand in a cold place to stiffen.

This may be served with a plain Soft Custard, made from the yolks of the eggs, or the yolks may be used for Mayonnaise or other sauces and the sponge served with plain cream.

PEACH SPONGE AND APRICOT SPONGE are made in precisely the same way, substituting these fruits for apples.

BLACKBERRY SPONGE

1 tablespoonful of granulated gelatin
½ cupful of sugar
1½ cupfuls of blackberry juice
½ cupful of water
Whites of 3 eggs

Cover the gelatin with the water, let it stand ten minutes, add the sugar and bring to boiling point, stirring constantly. Add the blackberry juice, strain into a bowl, let it stand until cool and then begin to stir, folding in the well beaten whites of the eggs. Turn into a pudding mould and stand in a cold place.

This may be served plain or with cream; use the yolks of the eggs for another dish.

CURRANT, ORANGE, RASPBERRY AND STRAWBERRY SPONGES are made precisely the same way.

LEMON SPONGE

2 tablespoonfuls of granulated gelatin
3 lemons
1 cupful of sugar
1 pint of boiling water
¼ cupful cold water
Whites of 3 eggs

Soak the gelatin in the cold water ten minutes, add the boiling water, sugar and lemon juice, strain and when cool and a little stiff add the whites, unbeaten, and beat the whole to a stiff white froth. Turn into a mould.

The jelly must be fairly stiff when the whites of the eggs are added, and kept cold and stiff while beating, or the sponge will be a plain jelly with a little white of egg on top when cold.

SNOW PUDDING

Make the same as Lemon Sponge, in fact these are one and the same, named differently in different localities.

Fruit Tapiocas

All Fruit Tapiocas are made precisely the same, excepting that some fruits must be cooked and others are used raw.

Use granulated or minute tapioca, as tapioca in balls or larger pieces is difficult of digestion unless thoroughly cooked and well masticated.

Semolina and sago may be substituted in all these recipes for tapioca.

APPLE TAPIOCA

Cover five level tablespoonfuls of granulated tapioca with one cupful of water and let it stand for twenty minutes; cook two good sized tart apples that have been pared, cored and sliced, with a half cupful of sugar and a pint of water. After the apples are done, add the tapioca and cook until the tapioca is transparent. Turn into a dish and serve cold with sweetened cream.

PEACH TAPIOCA

Make precisely the same as Apple Tapioca, using half of a pint of canned peaches, or its equivalent in fresh peaches, pared and sliced.

CHERRY TAPIOCA

Cook the tapioca in a pint of water, sweeten and add a pint of stoned sour cherries to the hot tapioca.

ORANGE TAPIOCA

5 tablespoonfuls of granulated tapioca
6 good sour oranges
1 cupful of water
Sugar to taste

Cover the tapioca with the water and let it stand twenty minutes, add the sugar and stir until thoroughly cooked. Take from the fire, add the grated yellow rind of one orange and the juice of all. Turn into the serving dish and stand aside to cool.

Raspberry, strawberry and a mixture of currant and raspberry juice may be used precisely the same as orange juice.

Custards

All custards are made after the same rule—the change in manipulation gives the different results.

For instance, one egg and one cupful of milk, if baked in the oven in custard cups will be quite solid when cool—cup custards. The same quantities of egg and milk put over the fire and stirred constantly in a double boiler will give soft custard. If the whites and yolks of the eggs are separated you will have various custard puddings and floating islands.

Get the proportions firmly fixed in your mind and you will not have to look up recipes.

CUP CUSTARDS

Beat two eggs with four level tablespoonfuls of sugar until light, add two cupfuls of milk and either a teaspoonful of vanilla or a grating of nutmeg. Pour into four custard cups, stand these in a pan of boiling water and bake in a moderate oven until they are solid in the center. An infallible test is to put a silver spoon handle down in the center of one cup, if it comes out

milky, they are not done, but if it comes out clean, take them at once from the oven and stand aside to cool.

These may be served in the cups or turned out onto dessert plates.

CARAMEL CUSTARD

Put four tablespoonfuls of sugar in a small iron sauce pan and stir over a brisk fire until it begins to smoke and burn, then add two tablespoonfuls of water and stir until the sugar is dissolved. Pour this into the bottom of four custard cups, fill the cups with plain custard made according to the preceding recipe, and cook in the oven as directed. When turned out, the caramel will form a sauce.

CARAMEL PUDDING

This is the same as Caramel Custard, except add the caramel to the egg and milk, and bake in a small melon mould.

SOFT CUSTARD

Use the same recipe as for Cup Custards.

Heat the milk in a double boiler, add it to the eggs and sugar beaten together, return to the

double boiler and cook just a minute, until it is creamy. Take from the fire, add the flavoring and turn out to cool.

This may be served as a dessert, or as a sauce for other puddings.

FLOATING ISLAND

2 cupfuls of milk
2 eggs
4 tablespoonfuls of sugar
2 level teaspoonfuls of cornstarch
1 teaspoonful of vanilla

Put the milk in a double boiler or sauce pan over the fire. Beat the whites of the eggs to a stiff froth and drop them, by spoonfuls, just a few at a time, over the top of the boiling milk. Cover a minute, remove the whites with a skimmer and put them aside on a plate.

Beat the yolks of the eggs and the sugar until light, moisten the cornstarch with a very little cold milk, add it to the boiling milk and stir until it thickens, then add it to the yolks and sugar. Return them to the boiler, stir over the fire just a minute, take from the fire, and when cool add the vanilla and pour it into a shallow glass dish. Heap the whites on top, dot them here and there with bits of quince or currant jelly, dust with powdered sugar and serve cold.

MERINGUE FLOAT

Use the same proportions as for Floating Island, but change the manipulation.

Beat the whites of the eggs to a stiff froth, add two level tablespoonfuls of powdered sugar and beat until fine and dry. Drop by spoonfuls onto a slightly oiled paper in the bottom of a baking pan, dust thickly with powdered sugar and bake in a very cool oven until a light brown and quite crisp.

Then beat the yolks and sugar together, making the custard the same as in preceding recipe. Pour the custard, when it is cool, in a glass dish, dust it with toasted chopped almonds, heap the meringues over the top and serve.

HOT CUSTARD FOR DESSERT

Make a plain Cup Custard, bake it in a small pudding dish, and serve it hot in the dish in which it is baked. Hot Caramel Custard is very nice.

Soufflés

A dozen of these can be made from one recipe.

ORANGE SOUFFLÉ

Moisten two tablespoonfuls of flour and one of cornstarch with one cupful of milk. Stir over the fire until boiling, take from the fire, add the yolks of four eggs, mix and add the well beaten whites. Bake in "Pyrex" custard or timbale cups in a shallow pan of boiling water about fifteen minutes. They should be brown on top and yellow in the bottom. Serve with Orange Sauce.

To MAKE THE SAUCE, mix two tablespoonfuls of flour with a half cupful of sugar and add one cupful of boiling water. Boil a minute, pour while hot on one beaten egg and add the juice and yellow rind of half an orange.

For CHOCOLATE SOUFFLÉ substitute chocolate for orange in the sauce.

For COFFEE SOUFFLÉ substitute coffee for water in the sauce.

For VANILLA SOUFFLÉ substitute one teaspoonful of vanilla for orange in the sauce.

FOR CHEESE SOUFFLÉ add four tablespoonfuls of Parmesan or a half cupful of grated common cheese to the mixture when adding the yolks of the eggs and before adding the whites.

Serve plain or with White Sauce.

FOR NUT SOUFFLÉ add a half cupful of chopped English walnuts or pecans to the mixture with the yolks before adding the whites. Serve with a Chocolate Sauce when to be used as dessert. White Sauce when it is to be served in place of a meat dish at luncheon or supper.

All these Soufflés may be baked in a casserole or baking dish, but must be taken from the oven direct to the table, or the fine appearance is lost. When baked in cups and turned out, even if they fall a little, they look well.

To serve turn each Soufflé on to an individual dessert plate and pour over the sauce before taking them to the table.

Gelose (Vegetable Gelatin)

Vegetable gelatin can be purchased at any first class grocery in boxes holding one ounce, or one can obtain about the same thing at the ordinary drug store under the name of Irish Moss, Iceland Moss, Japanese Seaweed or *agar-agar*. The latter has less of the fishy flavor than the ordinary unwashed sea mosses.

Vegetable gelatin has a decided advantage over animal gelatin in the fact that it congeals quickly without ice and is less liable to contamination.

FRUIT GELOSE

One box of gelose makes sixteen cupfuls or four quarts of jelly; a small family will only need one-fourth this amount.

Empty the box and divide it into quarters; wash one quarter through several cold waters, draining it each time in a fine sieve. Put it into the sauce pan with one pint of cold water, let it stand a half hour and then boil and stir for five or ten minutes, continuing the boiling until every particle of the gelose is dissolved.

This is now ready to be made up into fruit jelly, or it may be added to fruits or used for custard puddings. This will make one quart.

LEMON JELLY

Prepare the gelose as directed; take from the fire, add the juice of three lemons, one and a half cupfuls of sugar, one cupful of boiling water and stir until the sugar is dissolved, then strain into the moulds.

When only one pint of jelly is needed, prepare the one-quarter of a box as directed and stand it away, after it has been dissolved, until it congeals. Take one-half of this, melt it, adding either fruit juice or water, to make the quantity, use the remaining gelose another day.

FRUIT JELLIES

One-half of the prepared quantity dissolved in two cupfuls of water, slightly sweetened, may be poured over sliced peaches, stemmed strawberries or raspberries, and served as dessert. Use plain cream or Soft Custard Sauce.

ORANGE GELOSE

Wash one-quarter of a box of vegetable gelatin, cover it with two cupfuls of cold water, soak for twenty minutes and boil until it is dissolved. Add one cupful of sugar, the juice of one lemon and one and a half cupfuls of orange juice. Strain into a mould and stand away to stiffen.

APPLE GELOSE

Pare, core and slice three good sized tart apples; cover them with a pint of cold water and put them over the fire to cook. Wash one-quarter of a box of vegetable gelatin in cold water, cover with one and a half cupfuls of cold water, soak twenty minutes and then boil until dissolved. Add this to the apple mixture, add the juice of one lemon and two-thirds of a cupful of sugar. Press through a sieve and turn into custard cups or moulds that have been moistened in cold water; stand aside to stiffen.

At serving time, turn these out onto dessert plates and serve with them a Custard Sauce.

GRATED PINEAPPLE, SLICED OR COOKED PEACHES and all forms of fruit may be thickened with gelose and served with cream or Custard Sauce.

SHERBETS

Fruit juice ices or sherbets, may be made from these recipes, using one-half the quantity of gelose. When cold freeze the same as ice cream, beating or turning rapidly after it begins to freeze.

Recipes for the use of animal gelatin and Meat Jellies will be found in "Mrs. Rorer's New Cook Book."

Dishes à la Crème

This is another group of dishes made by one rule, simply changing one solid material for another.

If one can make a good White or "Cream" Sauce, the most important part is done. All meats must be thoroughly cooked and simply re-heated in the sauce. The best meats for à la crème dishes are. sweetbreads, chicken, turkey, calves' brains, white-fleshed fish, lobster, crab meat and oysters.

Many vegetables are served with White Sauce but are never placed among dishes à la crème.

Canned mushrooms may be sliced and added to the sauce with the meats.

If chicken is to be cooked especially for à la crème, boil it carefully, following the directions for boiling meats.

Left-over white meats, may, however, be utilized for these attractive dishes.

They may be served in patty shells, in ramekins, or in a border of boiled rice, or from the chafing dish.

Fish may be served in a border of nicely-browned mashed potatoes.

To have these dishes quite perfect, first cut the cooked meats into half-inch cubes. Make a White Sauce according to the recipe given under sauces. Add the meat, and after mixing it lightly, cover the sauce pan and place it over hot water until the contents are hot—not a moment longer. Allow one pint of meat cubes to each half pint of sauce. Do not stir rapidly while heating, it breaks the meat and destroys the appearance of the dish.

Fish and crabs should be cooked and flaked, sweetbreads boiled and picked apart, and brains carefully boiled and cut into slices, using a silver knife.

MODIFICATIONS OF DISHES à la CRÈME

Dishes à la King, à la Dewey, à la Hobson, à la Royal, and Southern Chicken and Turkey Hash are made by changing the flavorings and manipulations of à la crème dishes.

To multiply recipes for all of these would be foolish.

For instance: for Southern Hash, chop the cooked chicken or turkey fine, put the butter, two tablespoonfuls, in the sauce pan, add a finely chopped green pepper, shake it over the fire until the pepper is soft, not browned, add two level tablespoonfuls of flour, mix, add a cupful, (a

half pint) of cold milk, stir continuously until it boils, add a pint of chopped chicken, re-heat over hot water and serve on toast.

Dishes à la Dewey are the same as à la crème except the chicken is cut into larger pieces. Crabs and fish are flaked and a dozen sliced mushrooms are added with the meat. The pepper is used the same.

À la Hobson, omit the *green* pepper, make a White Sauce, add meat and one canned sweet red pepper, sliced, with the dozen mushrooms.

A la Royal is usually made only from left-over chicken. Add the yolk of one egg beaten with two tablespoonfuls of cream to chicken à la crème, after it is re-heated, just at serving time.

To make à la King cut the white meat of the chicken in good sized pieces, re-heat in White Sauce with nice sliced mushrooms.

All these dishes may be cooked in the chafing dish and served from it. They are usually served on toast.

When made from left-over meats these dishes are inexpensive and attractive.

DISHES à la NEWBURG

The same rule applies to these dishes, and, while they may be considered elaborate, if made from left-overs, are inexpensive; in fact, many

entrées at high cost on bills of fare are far cheaper than steaks, roasts or chops, when made at home.

There are two rules for making Newburg, one where the raw egg yolks are added to a White Sauce after the dish is hot and ready for the table, in the other the yolks are hard boiled, rubbed to a paste with a little cream and added to the White Sauce before adding the meat. The universal seasoning for Newburg is salt, black pepper, a grating of nutmeg and wine. The latter may be omitted if one does not use wine.

For mock terrapin or duck Newburg use Madeira, for lobster, scallops, fish or crab flakes use Sherry. Use only cooked meats for these dishes.

À la NEWBURG SAUCE

Separate three eggs, save the whites for another dish, drop the yolks carefully in a sauce pan of boiling water, push it back to simmer for twenty minutes; make a White Sauce, put the yolks through a sieve, then add slowly three tablespoonfuls of cream, rubbing all the while; add this to the sauce and strain through a fine sieve. At serving time re-heat sauce, add half a teaspoonful of salt, a saltspoonful of pepper and a grating of nutmeg. This should be as thick as a good Mayonnaise Dressing and is now ready for the meats. When hot, add the wine.

LOBSTER à la NEWBURG

Add the meat from a three pound boiled lobster, cut into blocks, to a hot Newburg sauce; when re-heated add the wine and serve.

All preparations may be made hours before the dish is to be used.

Keep sauce and meats separate however until time to re-heat.

This rule makes an elaborate dish for eight persons at little cost.

For a luncheon or chafing dish supper precede it with a bouillon and follow with lettuce salad with French dressing, crackers, cheese and coffee.

SCALLOPS à la NEWBURG

Boil one pint of Scallops, slowly, twenty minutes in salted water. Drain. Add at serving time to Newburg Sauce.

Crabs must be boiled and picked apart.

Fish must be boiled and flaked in good sized pieces. Halibut is the best fish to use.

CHICKEN NEWBURG

Cut cold cooked chicken into cubes of an inch and re-heat in Newburg Sauce.

MOCK TERRAPIN

Boil slowly a half pound of calf's liver in salted water for a half hour. When cold cut it into dice. Add an equal quantity of cold boiled mutton or roasted duck. Make twice the rule for Newburg Sauce. Add meat at serving time. Re-heat, season and serve.

DISHES à la BORDELAISE

Bordelaise dishes are made from meats warmed up in, or served with a Brown Sauce seasoned with chopped onion, chives or a clove of garlic. Slices of beef's marrow are added at the last.

Make a Brown Sauce, add a small onion chopped, and a clove of garlic mashed. Cover over hot water for fifteen minutes.

Strain, add seasoning of salt, pepper, and a teaspoonful of Worcestershire Sauce, a dozen sliced mushrooms and, if you have it, two ounces of sliced beef's marrow; re-heat and use.

Steak à la Bordelaise is a broiled steak with Bordelaise Sauce poured over it after it has been dished.

Chicken à la Bordelaise is a browned panned chicken served in Bordelaise Sauce.

Mutton à la Bordelaise is cold roasted mutton, cut into neat pieces and warmed up in sauce Bordelaise. Left-over duck is nice warmed up in Bordelaise Sauce.

Dishes That Can be Made From One Pound of Lean Chopped Beef

For chopped beef, purchase either the round, or ends of steaks, or any cheaper pieces of lean beef. If one is using a thick porterhouse or sirloin steak, the long tough end may be chopped and used for these dishes.

CANNELON

Add two tablespoonfuls of grated onion, one of chopped parsley, a teaspoonful of chopped celery tops or a little celery seed, a teaspoonful of salt, a dash of pepper and one raw egg. Mix thoroughly with the hand, form into a roll not more than three inches in diameter, wrap in oiled or buttered paper, and put it in a baking pan, the bottom of which is covered with warm water; baste this over the paper, and bake in a rather quick oven thirty minutes.

Serve with Brown or Tomato Sauce.

This is also very nice served cold cut into thin slices with an accompaniment of either Japanese or Potato Salad.

SOYER LOAF

Mix with one pound of chopped beef, one chopped sweet red pepper, one chopped green pepper, two tablespoonfuls of chopped and washed onion, one cupful of bread crumbs or two Shredded Wheat Biscuits, half a teaspoonful of celery seed or chopped green celery tops, a teaspoonful of salt, a dash of pepper and four tablespoonfuls of water. Pack into a greased bread pan, cover with oiled paper and stand in a shallow pan of warm water. Bake one hour in a moderately quick oven. Turn out and serve hot with Tomato Sauce.

This is very nice served the same as Veal Loaf.

STEAK STANLEY

Season one pound of chopped beef with a teaspoonful of salt and a dash of pepper. Make it into four nice round steaks, quite as thick at the edges as in the center—do not make them into cakes, but like little steaks. Put these in a slightly greased pan and cook in the oven twenty to thirty minutes, or until they are thoroughly done and slightly brown.

Strip the skins from two bananas, put them in a "Pyrex" or granite pie dish with a tiny piece of butter the size of a pea on top of each, and bake them in the oven for a half hour.

While these are cooking, rub together two level tablespoonfuls of butter and two of flour, add a half pint of cold milk, stir until boiling and add three tablespoonfuls of fresh, grated horseradish or two tablespoonfuls of horseradish pressed dry from vinegar, and a half teaspoonful of salt. Pour this into the bottom of a heated platter, stand the steaks in the sauce, put half a baked banana on top of each steak and serve.

INDIAN STEAKS

Season and form one pound of chopped meat into four steaks, the same as for Steak Stanley. Cook them in the oven until they are done to the very center, and nicely browned.

While they are cooking, chop very fine two sweet Spanish peppers, canned preferable, and press them through a sieve with one cupful of the solid portion of a can of tomatoes; add a tablespoonful of onion juice and boil this slowly until creamy thick.

Put a tablespoonful of butter in a sauce pan, add a tablespoonful of chopped onion and shake it over the fire until soft, not brown, then add a teaspoonful of curry powder. Now add the hot tomato mixture, stir a moment, add the steaks

and stand on the back part of the stove, covered, for ten minutes and they are ready to serve.

A dish of boiled rice and baked bananas are usually passed with Indian Steaks.

HAMBURG STEAKS

Season one pound of chopped beef with a teaspoonful of salt, a dash of pepper, a tablespoonful of grated onion; form into four cakes and cook carefully in the oven.

While these are cooking, cut Spanish or white skin onions into slices; separate the slices into rings, put them in a frying basket a few at a time and plunge them into a kettle of deep hot fat. It should register three hundred degrees Fahrenheit or burn a bit of bread in thirty seconds. As soon as they are crisp, turn them into the colander, dust them lightly with salt, and continue frying until you have the desired quantity.

Dish the steaks, add two or three tablespoonfuls of water to the pan in which they were cooked, bring to a boil, pour over the steaks, and heap over the onions.

SALISBURY STEAKS

These are made from chopped beef, slightly seasoned, and made into steaks, six to a pound. Broil or cook them in the oven and serve with a little butter, salt and pepper.

TOMATO BALLS

Season one pound of chopped beef with a teaspoonful of salt and a dash of pepper. Make into balls about the size of a golf ball. Stand them in a baking pan, strain over one pint of stewed or canned tomatoes and bake in a moderate oven a half hour, basting frequently. When done, the sauce should be sufficiently thick without adding flour.

BEEF ROLL

This is usually made on Saturday to serve for Sunday night supper. Serve cold cut into slices. In the summer it is nice with Tomato Mayonnaise, in the winter with Potato or Japanese Salad.

Put one pound of chopped lean beef into a bowl, add two cupfuls of sifted dry bread crumbs, two tablespoonfuls of grated onion, a teaspoonful of salt, two hard-boiled eggs chopped fine, one sweet red pepper, chopped, and one egg beaten with four tablespoonfuls of water. Mix thor-

oughly, cover and let it stand for a half hour. Then form it into a roll two inches in diameter, wrap in oiled paper, place in a baking pan, baste with a tablespoonful of butter melted in a half cupful of hot water and bake forty minutes in a moderate oven. When done, remove the paper and stand the roll away to cool.

SMOTHERED BEEF

Make one pound of chopped beef into balls the size of an English Walnut or smaller. Put them in a shallow baking pan, pour over two tablespoonfuls of melted butter, dust with salt and pepper, cover with another pan and cook in a hot oven about fifteen minutes. They must be well cooked but soft, not too brown. Dish on a heated platter, garnish with squares of green or canned corn pudding and serve at once. Make the pudding and put it in the oven, before you put in the meat.

CORN PUDDING

Beat one egg until light, without separating; add four tablespoonfuls of flour, moistened in a half cupful of milk. Add this to one cupful of grated fresh or canned corn. Mix and season with a half teaspoonful of salt and a dash of pepper. Bake in a greased pie dish or small shallow baking pan.

Dishes en Casserole

For artistic and simple service where there is a limited amount of help, casserole cookery is to be recommended. It saves dish washing because the cooking utensil is also the serving dish. Then, too, it takes less fuel and time for the actual cooking. In oven cookery, which is casserole cookery, the dish is exposed to the heat on all sides, while over the fire the intense heat is just at the bottom. After food in the casserole begins to boil, lower the fire, or cool the oven to at least one-half the usual heat, and finish the cooking at this temperature. Meats that require an hour and a half over the fire will cook in three-quarters of an hour in the casserole.

BEEF RAGOUT

1 lb. of lean beef
2 ounces of suet
1 carrot
1 small onion
2 tablespoonfuls of flour
1 teaspoonful of kitchen bouquet or caramel
1 teaspoonful of salt
A dash of pepper

When you buy the meat, ask the butcher to give you a couple of ounces of suet. Cut this

suet into small pieces or chop it, put it in the casserole dish, add the onion sliced and the carrot chopped fine. Put it in the oven until the onion is soft and the suet melted. Then add the meat cut into cubes of one inch and put this back into the oven until the meat is slightly seared or turned white on all sides. Add the flour, mix, add one pint of boiling water, the salt and pepper and kitchen bouquet; cover and cook slowly in the oven for three-quarters of an hour. Garnish the top with dumplings, cover and cook ten minutes and serve in the casserole.

DUMPLINGS

Put one cupful of flour, a quarter of a teaspoonful of salt, a dash of pepper and a rounding teaspoonful of baking powder in a bowl, mix with an egg beater and stir in sufficient milk, about a quarter of a cupful, to make a dough. Flour your hand, take a teaspoonful of the dough, roll it into a ball and drop them in order over the top of the meat. Do not lift the lid while these dumplings are cooking.

BRAISED CHOPPED STEAK

1 lb. of chopped lean beef
1 teaspoonful of salt
A dash of pepper
A slice of onion
If you have it, 1 bay leaf.

Add the salt and pepper to the meat and form it into a good sized steak, one inch thick. Put this into a quart casserole, add a tablespoonful of suet or oil or any other cooking fat, cover and cook a half hour in a hot oven.

While this is cooking, make an ordinary Brown Sauce, using the onion and bay leaf as flavoring. Strain this over the steak, cover and cook ten minutes longer and serve in the dish.

BEEF CHILO

Form a pound of chopped beef into pats the size of a silver dollar. Heat a tablespoonful of butter in a casserole, add pats and a chopped onion. Cook in the oven, uncovered, fifteen minutes, add a tablespoonful of flour, mix and add a cupful of stock or water, half a teaspoonful of salt, a dash of pepper, a can or pint of cooked peas and a teaspoonful of kitchen bouquet. Cover and cook ten minutes. Garnish with rounds of toast and chopped parsley.

BEEF GRENADINES

1 slice of under round, about one pound
2 tablespoonfuls of chopped red pepper
2 tablespoonfuls of chopped green pepper
1 cupful—about 4 fresh tomatoes, boiled and cut into pieces, or the equivalent of solid canned tomatoes
1 small onion, chopped and washed
1 tablespoonful of chopped parsley

Cut the meat into three pieces of equal size. Brown them quickly in a shallow frying pan. Put two pieces in the bottom of a two-quart casserole, the third in the middle on top. Put over all the other ingredients, cover and cook one hour in a moderate oven.

Serve in the casserole.

TENDERLOIN WITH MUSHROOMS

1 thick slice of tenderloin
6 fresh or ½ can of mushrooms
½ cupful of stock
1 tablespoonful of butter
1 teaspoonful of kitchen bouquet
½ teaspoonful of salt
A dash of pepper

Broil the tenderloin to sear it well, then put it in a one-quart casserole, add the mushrooms sliced, the butter, salt, pepper, stock and kitchen bouquet. Cover and cook in a hot oven half an hour. Serve in the dish.

BARBECUED MEAT

Put two tablespoonfuls of butter, two tablespoonfuls of tomato catsup, two tablespoonfuls of sherry and a half teaspoonful of French mustard in the casserole. Heat, and put in one thick slice of boiled ham or rare beef. Cover, and cook fifteen minutes. Serve in the dish.

MEAT OLIVES

This recipe will answer for both beef and veal. If you use veal, purchase a thin slice from the leg; beef, a thin slice from the upper or under round.

Cut the meat into strips four inches long and an inch and a half wide.

Put four tablespoonfuls of bread crumbs in a bowl, moisten with a tablespoonful of melted butter, season lightly with salt and pepper and add, if you have it, a tablespoonful of parsley. Put a thin layer of these crumbs over each strip of meat, roll up the strip and fasten with a wooden tooth pick or tie with a string.

Put three tablespoonfuls of rendered suet or some raw suet in the casserole; when melted and hot add three level tablespoonfuls of flour, mix and add one pint of boiling water or stock. Add a teaspoonful of salt, a teaspoonful of kitchen

bouquet or caramel and a dash of pepper. Put in the meat olives, cover and cook in the oven until tender, about three-quarters of an hour.

These may be dished on a platter or served en casserole.

VEAL POT PIE

1 knuckle of veal
1 tablespoonful of shortening
1 pint of flour
2 teaspoonfuls of baking powder
⅔ cupful of milk
1 quart of water
1 small onion
1 teaspoonful of salt

Remove the meat from the knuckle of veal and cut it into small pieces, put it, with the bone, in the large casserole, add the water and onion; cover and cook in a moderate oven one hour and a quarter. Then add a palatable seasoning of salt and pepper and remove the bone.

Put the flour in a bowl, add the salt, rub in the shortening, add the baking powder, mix thoroughly and moisten with the milk. Roll the dough on a board, cut with a small cutter into biscuits and place them over the top of the meat. Put the dish back in the oven, uncovered, and cook for twenty minutes.

FRICASSEE OF VEAL

2 lbs. of neck of veal
4 tablespoonfuls of butter or other fat
4 level tablespoonfuls of flour
1 pint of water
1 teaspoonful of salt
1 saltspoonful of pepper
1 tablespoonful of chopped onion
1 carrot, cut into slices

Cut the veal into convenient pieces, put it in a large casserole, add the water, boiling, onion and carrot, cover and cook in a moderate oven three quarters of an hour. Then add the seasoning, salt and pepper, and the flour moistened in a little cold milk. Stir until boiling, and cover the top with rounds of toasted bread or with dumplings the same as Beef Ragout.

GUINEA HEN

Draw and cut the hen into quarters. Wrap each quarter in a thin slice of bacon; put them in a casserole, dust with salt and pepper, and bake, uncovered, in a hot oven a half hour. While this is baking boil twelve small silver skinned onions in a quart of salt water. Drain, saving the water, which should be now about a pint.

Add to the fat in the casserole two tablespoonfuls of flour, mix, add one and a half cup-

fuls of the onion water. Cover, and cook in the oven a half hour.

Add the onions, a teaspoonful of kitchen bouquet, garnish with toast and chopped parsley and serve in the dish.

This dish may be made more elaborate, by adding a half can of mushrooms, when the sauce is made, or adding a dozen stoned olives. Fowl or wild duck may be cooked and served in the same way.

BAKED SWEETBREADS, SPANISH FASHION

Wash a pair of calf's sweetbreads, put them into boiling water, add a teaspoonful of vinegar and a teaspoonful of salt; simmer gently a half hour, cool, remove the membrane and split the sweetbreads into halves. Spread over one half, a finely chopped green and red pepper and a dusting of salt, put over the upper half, fasten the two together with small wooden toothpicks, stand them in the one-quart casserole, brush the tops with butter add a half cupful of stock, cover and bake in a moderately quick oven a half hour.

BAKED SWEETBREADS, HUNGARIAN FASHION

Boil the sweetbreads, remove the membrane and split each lengthwise. Put two halves in the bottom of small casserole, cover with chopped

sweet Spanish pepper, one tablespoonful of chopped onion, two tablespoonfuls of chopped fresh or canned mushrooms, cover with the other halves, put a piece of butter on each and bake, uncovered, twenty minutes in a quick oven.

While the sweetbreads are baking, make Paprika Sauce. This is a White Sauce with a level teaspoonful of paprika mixed with the butter and flour before the milk is added. Take the sweetbreads from the oven, pour over the sauce, garnish with four triangular pieces of toast and send to the table.

LEG OF MUTTON, FRENCH FASHION

A small leg of mutton
2 tablespoonfuls of chopped onion
1 pint of boiling stock
2 teaspoonfuls of kitchen bouquet or browning
1 teaspoonful of salt
A dash of pepper
2 tablespoonfuls of olive oil
2 tablespoonfuls of flour
1 can of mushrooms

Cut the leg into slices about one inch thick. Put the olive oil in a shallow frying pan, and when hot throw in the slices of mutton and brown them quickly. Lift them to the two-quart casserole. Add the flour to the oil and the mushrooms cut into slices, mix and add the stock and

all the seasoning. Turn this over the meat, cover and cook in a moderate oven three-quarters of an hour. Serve with a garnish of toast,

To make the table service more simple, a can of French peas may be added at the last, heat a moment, and serve in the casserole.

McCHONIKIE

2 necks of mutton
2 ounces of suet
1 carrot
1 good sized onion
1 can or 1 pint of peas
1 pint of water or stock
1 teaspoonful of browning or kitchen bouquet
1 teaspoonful of salt
A dash of pepper

Cut the mutton into convenient pieces. Put the suet in the casserole with the onion and carrot; when hot, add the meat and put it back in the oven until the meat is slightly cooked on the outside. Add the flour and mix; add the stock and all the seasoning, cover and cook in the oven one hour.

Garnish the edge of the dish with dumplings made the same as for Ragout of Beef, making them sufficiently large to form a circle around the edge of the dish. Drain the peas, or have them well cooked and dry. Put them in the center of

the dish, cover and cook in a moderate oven fifteen minutes. Dust with chopped parsley and serve.

HOT POT

2 cupfuls of diced cold cooked mutton
1 cupful of diced raw potatoes
1 tablespoonful of chopped parsley
4 tablespoonfuls of finely chopped washed onion
½ teaspoonful of salt
5 drops of Tabasco Sauce
1 pint of good stock

Put a layer of meat in the bottom of a two-quart casserole, then onion, parsley, salt, pepper and then potatoes, then another layer of meat, having a top layer of potatoes. Add the Tabasco to the stock, pour it over, cover and cook for half an hour.

FRICASSEE OF CHICKEN (White)

Cut up the chicken. Arrange the dark meat in the bottom and the white on top in a two-quart casserole. Pour over a pint of hot water, cover and cook one hour. Season and stir in two tablespoonfuls of flour moistened in one cupful of milk and cook in the oven uncovered, for fifteen minutes. Garnish with parsley. Serve in the dish.

FRICASSEE OF CHICKEN (Brown)

Cut up the chicken and brown the pieces in bacon fat, or oil, arrange them in the two-quart casserole. Add three tablespoonfuls of flour to the fat, mix, add two cupfuls of hot stock, a teaspoonful of salt, a quarter of a teaspoonful of pepper and a teaspoonful of kitchen bouquet, strain this over the chicken. Add a slice of onion, a bay leaf and a sprig of parsley, cover and cook one hour, or until tender.

Garnish with toast and serve in the casserole.

POT PIE

Cut up one chicken, put the dark meat in the bottom of the two-quart casserole and the white on top. Pour over a pint of boiling water, cover and cook one hour, and then add salt, pepper and two tablespoonfuls of onion juice. Moisten two tablespoonfuls of flour with a little cold milk, add it to the chicken, add enough milk to make a good sauce, cover with Egg Roll crust and bake twenty minutes in the casserole, uncovered.

CHICKEN SOUFFLÉ

1 cupful of chopped chicken
1 teaspoonful of salt
¼ teaspoonful of pepper
1 tablespoonful of butter
1 tablespoonful of flour
1 cupful of milk
½ cupful of breadcrumbs
1 tablespoonful of chopped parsley
2 eggs

Season the chicken with the salt and pepper. Put the butter and flour in a sauce pan, mix, add the milk, stir until boiling and then add the bread crumbs, parsley and the chicken, mix, add the yolks of the eggs and then the well beaten whites. Bake in a casserole, uncovered, in a moderate oven a half hour. Serve with White Sauce.

BRAISED PIGEONS

The two-quart casserole will hold six pigeons.

Draw and truss the birds, put them in the casserole, add twelve small peeled onions, a bay leaf, a carrot, cut into balls or dice, a pint of stock or water, a teaspoonful of kitchen bouquet, salt, pepper and a sprig of parsley. Cover and cook one hour. Serve in the dish.

CUSK en CASSEROLE

1 pint of pieces of cold cooked fish
Yolks of 2 eggs
½ pint of milk
1 tablespoonful of butter
2 tablespoonfuls of flour
½ teaspoonful of salt
A dash of pepper

Rub together the butter and flour, add the milk and stir until boiling, take from the fire, add the well beaten yolks of the eggs, the salt and pepper. Put a layer of this sauce in the bottom of the one-quart casserole, then a layer of the cold cooked fish, another layer of the sauce, another of the fish and the last layer of sauce. Sprinkle the top thickly with bread crumbs and bake uncovered in a quick oven fifteen minutes or until nicely browned. Serve in the casserole.

DEVILED FISH

1 pint of cold cooked fish
2 hard boiled eggs
½ pint of milk
2 level tablespoonfuls of flour
2 level tablespoonfuls of butter
1 teaspoonful of salt
¼ nutmeg, grated
1 tablespoonful of chopped parsley
5 drops of Tabasco

Pick the fish apart and add to it all the seasonings. Rub the butter and flour together, add the

milk, stir until boiling, take from the fire and add the fish and the hard boiled eggs pressed through a sieve. Put this into an oval casserole, uncovered, dust thickly with crumbs and brown in a quick oven. Serve in the dish. Or one may use ramekins or custard cups.

This recipe will answer for Deviled Crabs or Lobster, or Chicken, substituting these in like quantity for the fish.

PICKLED FISH

Cut a three pound white fleshed fish in two inch slices, clean and wash the slices in cold water, throw them into a kettle of boiling water, add a tablespoonful of salt and boil ten minutes. Drain and stand in a cold place over night. Next morning, remove the skin and bones.

Put half a pint of good vinegar in the two-quart casserole, add a small red pepper, twelve peppercorns, crushed, four blades of mace, six whole cloves, one bay leaf, a small onion, chopped, a tablespoonful of whole mustard seeds and a tablespoonful of sugar.

Cover in the oven until it reaches boiling point, add the fish, cover and cook fifteen minutes or until the ingredients boil. Remove the casserole from the oven but do not uncover it, let it stand until cold, and serve.

Very nice served on lettuce with Mayonnaise Dressing, or with a Potato Salad. May be made on Saturday for Sunday supper.

PANNED OYSTERS

Put a solid pint of oysters into a colander and pour over a pitcher of cold water; allow them to drain ten minutes. Put the two-quart casserole in the oven, without the cover, to get very hot. Throw in the oysters, add a tablespoonful of butter, a half cupful of milk or cream, a level teaspoonful of salt and a dash of black pepper. Cover and put them back in the oven. As soon as they reach the boiling point, serve in the casserole. Dish on squares of toast.

SCALLOPED OYSTERS

Drain small fat oysters, put a layer in the bottom of a casserole, cover them with a half-inch layer of stale bread crumbs, dot over bits of butter, sprinkle with salt, pepper and celery seed, then add another layer of oysters and another layer of crumbs. Pour over the top two level tablespoonfuls of butter, melted, and a half cupful of milk. Bake, uncovered, in a quick oven twenty minutes. Serve in the dish.

OYSTERS AND MACARONI

Boil four ounces of macaroni until tender, throw it into cold water until cool and then cut it into pieces an inch long. Put a layer of these in the bottom of a casserole, cover with twenty-five raw oysters, sprinkle with salt and pepper, put over a few bits of butter, then another layer of macaroni, dot with butter, cover with grated cheese and bake in a quick oven about twenty minutes. Serve in the same dish.

KEEBOBBED OYSTERS

Beat an egg with a tablespoonful of water. Season some dry bread crumbs with salt and pepper. Drain twenty-five fat oysters, dip them in the egg, then quickly in the crumbs and put them in the bottom of the casserole, crowding them close together. Cover with a thin layer of finely chopped celery, then another layer of dipped oysters, a layer of celery and again oysters. Dust with salt and pepper, put over a few bits of butter and bake, uncovered, in a quick oven twenty minutes. Serve with roasted turkey or chicken. Much better than scalloped oysters.

SPAGHETTI, SPANISH CREOLE FASHION

Boil two ounces of spaghetti until tender; blanch it in cold water for a half hour.

Put two tablespoonfuls of butter into the one-quart casserole, add a tablespoonful of chopped green pepper, one chopped sweet red pepper and two tablesponfuls of chopped onion. Put the casserole, uncovered, in the oven. Cook until the onion is soft, but not brown. Add a half cupful of the solid part of a can of tomatoes or four fresh tomatoes, a level teaspoonful of salt and a dash of pepper. Drain the spaghetti, put it into this mixture, cover the dish, cook in the oven thirty minutes. Stir carefully and serve in the casserole. Pass grated Parmesan.

CONVENT PIE

3 ounces of spaghetti or macaroni
1 small sweet red pepper
1 small sweet green pepper
4 slices of bread from an ordinary square loaf
1 tablespoonful of chopped parsley
1 tablespoonful of chopped onion
¼ lb. cheese, grated
2 eggs
1½ cupfuls of milk
6 fresh or ½ can of mushrooms

Put the spaghetti into boiling water and boil for three quarters of an hour, drain and throw into cold water. Cut into pieces one inch long.

Butter the bread and cut it into dice. Put a layer of macaroni in the bottom of the two-quart casserole, dust with salt, pepper, parsley, peppers chopped and onion. Then put on a layer of bread, then a layer of cheese, again macaroni, and so continue, having the last layer bread.

Beat the eggs and add the milk. Pour them over the other ingredients and stand aside for ten minutes. Bake in a quick oven until the pie is "set" in the center, about a half hour. Serve with Brown Mushroom Sauce in a boat.

CORN CHOWDER

1 pint of grated corn
2 good sized potatoes
1 medium sized onion
¼ lb. of bacon or ham
1 large tablespoonful of butter
2 tablespoonfuls of flour
1 pint of milk
6 water crackers
Yolk of 1 egg
1 pint of boiling water

Pare and cut the potatoes into dice and slice the onions. Cut the bacon or ham into small pieces. Put a layer of potatoes in the bottom of the two-quart casserole, then a sprinkling of bacon or ham and onion, then a layer of corn, then a sprinkling of salt and pepper, a layer of

potatoes, and so continue until all the ingredients are used, having the last layer corn. Add the water, cover and cook in the oven thirty minutes.

Rub the butter and flour together, add it to the hot chowder, add the milk, stir until thoroughly mixed, return to the oven for fifteen minutes; add the yolk of the egg, well beaten and the crackers broken. Serve in the casserole in which it was cooked.

This is also nice made with a garnish of plain dumplings. See recipe for dumplings.

Vegetarians omit the ham.

CHEESE PUDDING

Grate a quarter of a pound of common cheese. Toast four square slices of stale bread. Put two slices in the bottom of a casserole, then half the cheese, a dusting of salt and pepper, the other two slices and then the remaining cheese.

Pour over one cupful of milk. Let stand ten minutes or more and bake, uncovered, in a moderately quick oven twenty minutes. This is very nice for luncheon and has more than meat value.

Meat Sauces

THE PHILOSOPHY OF A SAUCE

All ordinary sauces are made after the same rule or "skeleton," substituting one liquid for another. For instance, two *level* tablespoonfuls of fat, two level tablespoonfuls of flour and a half pint of liquid make a sauce. By getting this rule firmly fixed in the mind there will be no need of looking up a recipe.

WHITE OR CREAM SAUCE

Two tablespoonfuls of butter slightly melted in the sauce pan, add two tablespoonfuls of flour and mix. Add half a pint or one cupful of cold milk, stir constantly and carefully until the same reaches the boiling point, add a half teaspoonful of salt and a dash of pepper. Take from the fire and strain at once over the food on which it is to be served or into a sauce boat.

To make a Tomato Sauce, substitute a half pint or one cupful of strained tomato for the milk.

To make an English Drawn Butter Sauce, substituting a half pint or one cupful of boiling water for the milk.

To make a Sauce Bèchamel, fill the cup half full with stock and the remaining half with milk, keeping the measurements exactly the same.

For Caper Sauce, add two tablespoonfuls of capers to the Drawn Butter Sauce after it reaches the boiling point, and serve at once.

Mousseline Sauce should be about the consistency of Mayonnaise. Make an English Drawn Butter Sauce, using one tablespoonful of butter to two of flour. After adding the water and bringing the sauce to a boil, take it from the fire and add carefully the remaining tablespoonful of butter, salt, pepper and the beaten yolks of two eggs. Add a dash of lemon juice or a tablespoonful of Tarragon vinegar.

Serve warm but never hot; it cannot be reheated after the eggs are added.

Use it for asparagus, carefully-boiled cucumbers, summer squash cut into slices and boiled, or with boiled fish. It is also nice with boiled globe artichokes. In fact, in all recipes calling for Sauce Hollandiase, Mousseline Sauce may be substituted—many persons think it much better.

ANCHOVY SAUCE

To make this sauce, make an English Drawn Butter by rubbing two level tablespoonfuls of butter and flour together and adding a half pint

of boiling water. When this is boiling, add a half teaspoonful of salt and two teaspoonfuls of Anchovy Paste, stir carefully and strain through a fine gravy strainer. Keep it hot over hot water, but do not let it boil the second time. A dash of lemon or a teaspoonful of Tarragon vinegar is an improvement.

This is used for Eggs Caréme, and as a sauce for boiled and baked fish.

VELOUTÉ

This is the sauce used, as a rule, for Fricassee of Chicken or Chicken à la Suprème, also for veal and other meats requiring a light sauce.

It is made after the same rule as ordinary White Sauce, except that you substitute the liquor in which the meat is boiled for the milk. Season and strain. For warming over meats, chicken or veal, substitute stock, following the general rule.

To convert this into Sauce Suprème, take it from the fire and add the yolks of two eggs beaten with two tablespoonfuls of cream, cook just an instant, do not curdle. Take from the fire, strain and use.

Cold boiled turkey or chicken are very nice warmed up in Sauce Suprème.

This may also be used for boiled chicken, chicken cutlets or stewed veal.

OYSTER SAUCE

Make according to the general formula, doubling the quantities.

Wash twenty-five oysters and throw them into a hot sauce pan, shake them over the fire until the gills are curled, drain, saving the liquor. Add sufficient milk to make two cupfuls or one pint. Rub four level tablespoonfuls of butter and four tablespoonfuls of flour together, add the oyster liquor and the milk, stir until boiling, add a level teaspoonful of salt and a dash of black pepper, add the oysters and when hot it is ready for use.

Serve with boiled or roast turkey, or with boiled fish or boiled chicken.

LOBSTER SAUCE

Boiled lobster, cut into dice, may be added to a plain White Sauce or English Drawn Butter to serve with boiled fish or fish pudding.

SAUCE SOUBISE

Slice a small onion, cover it with a half pint of boiling water, add half a teaspoonful of salt, and cook slowly for fifteen minutes. Press through a sieve, and add enough milk to make one cupful. Make and finish the same as White Sauce.

Brown Sauces

These are by many people called "gravies," although they should not have the slightest resemblance to the greasy messes served as common meat gravies.

They are made after the same rule as White Sauce, using two tablespoonfuls of fat to two tablespoonfuls of flour and a half pint, or a cupful, of liquid; but instead of using butter use the fat in the pan in which the meat is roasted. For instance, after dishing a roast of meat, pour off all the fat except two or four tablespoonfuls, according to the quantity of sauce desired. Add to this fat in the pan two or four tablespoonfuls of flour, mix thoroughly and add a half pint or pint of stock or water, and one teaspoonful of kitchen bouquet or soup caramel. Of course, stock accumulates in every household without the cost of a penny, as one saves all the water in which vegetables are boiled; use this in place of water and have a tasty sauce. A half teaspoonful of salt and a dash of pepper is moderate seasoning to each half pint of sauce. Water may be added, hot or cold, and the sauce stirred constantly until it boils.

This rule will apply to sauces for all roasted or baked meats and poultry.

GIBLET SAUCE

Giblets from turkey, chicken, duck or goose are thoroughly boiled in water until tender; a pint of liquid after the giblets are tender is about right. Chop giblets fine and return them to the liquor. After the poultry is roasted, lift it to the serving dish, pour off all the fat but four tablespoonfuls, add four tablespoonfuls of flour, mix, add the giblets and a pint of the water in which they were cooked, stir until boiling, season and turn at once into the sauce boat.

All Brown Sauces should be colored with either a teaspoonful of caramel or the same quantity of kitchen bouquet. Do not brown the butter and flour, as it renders the sauce more difficult of digestion and spoils its flavor.

PLAIN BROWN SAUCE

This sauce may be served plain or may be flavored with mushrooms and used on steak or cannelon or on meat dishes calling for Brown Sauce.

Put a pint of water, a slice of onion and a saltspoonful of celery seed over the fire to boil for fifteen minutes. Rub together two level tablespoonfuls of butter and two tablespoonfuls of flour, add one cupful or a half pint of the

seasoned water, stir until boiling, add a teaspoonful of kitchen bouquet and, if you have it, a half teaspoonful of beef extract. If you have beef or soup stock in the house, use it in place of the water and omit the beef extract. Add salt and pepper, strain and it is ready for use.

If canned mushrooms are to be used, cook them in the stock for at least twenty minutes, then add them with the stock to the butter and flour. Add the coloring at the last.

BROWN ITALIAN SAUCE

This sauce is made after the rule for Brown Sauce, except a tablespoonful of onion or shalot is cooked slightly in the butter before the flour is added. It must be watched carefully, the onion must be soft but not browned. Then add the flour and one cupful or a half pint of stock, stir until boiling, add a dozen chopped mushrooms, a bay leaf and a teaspoonful of olive oil. Stand over hot water, cover for ten or fifteen minutes, and add a teaspoonful of kitchen bouquet.

CURRY SAUCE

This sauce is served with carefully stewed or boiled chicken and on rice; or pieces of cold meat may be warmed up in it and served in a border of rice.

Put one good sized onion, sliced, one sliced carrot, a little celery seed or some finely chopped celery in a sauce pan with four level tablespoonfuls of butter or other fat. Shake over the fire until the vegetables are tender, but not brown. Add a bay leaf, two or three sprigs of parsley, a teaspoonful of curry powder, two level tablespoonfuls of flour, mix and add one and a half cupfuls of stock or water. Stir until it boils and then stand on the back part of the stove to simmer gently for about ten minutes. Strain, add a light seasoning of salt and a teaspoonful of lemon juice, and it is ready for use. On account of the ten minutes cooking an extra half cupful of water is used in this recipe.

SAUCE VINAIGRETTE

It is usually made by adding chopped green vegetables — olives, capers, gherkins, pickled onions and a little chopped parsley—to slightly sweetened, uncooked Tarragon vinegar.

SAUCE PIQUANTE

6 shalots
2 small gherkins
1 tablespoonful of capers
4 tablespoonfuls of Tarragon vinegar
1 teaspoonful of thyme
1 bay leaf
A dash of black pepper

Chop the gherkins and the shalots very fine, put them with all the other ingredients into a small sauce pan and stand them over a moderate fire until they reach the boiling point, then add a half cupful of good stock, boil again and it is ready for use.

CREOLE SAUCE

This is also called Sauce Mexicana and Spanish Sauce, and is used over well boiled spaghetti, Spanish or Mexican or Creole Omelets, and as a garnish for Creole dishes in general.

Put one cupful of solid peeled tomato, or the solid portion from a can of tomatoes, into a sauce pan with two tablespoonfuls of chopped red and two tablespoonfuls of chopped green pepper. Cut a small white skin onion into thin slices, or use four slices of Spanish onion, and add them to the tomatoes and peppers. Cover and cook slowly until the vegetables are thoroughly tender. Then add a half teaspoonful of

salt and two tablespoonfuls of butter and the sauce is ready for use.

In some places in the United States, cooks add to their Spanish Omelets, sliced mushrooms, which is not correct. This sauce alone should be used, and served as a garnish at the ends of the omelet.

SAUCE BEARNAISE

Put four tablespoonfuls of Tarragon vinegar, a slice of onion, a bay leaf and one whole clove in a sauce pan; cover, and simmer until reduced one half. Then add a dash of black pepper, strain into another sauce pan, stand it over a slow fire and add gradually, stirring all the while, the beaten yolks of four eggs. As soon as this is the consistency of Mayonnaise, take it from the fire and add slowly, beating all the while, four tablespoonfuls of butter that has been melted and strained. Use for this beating an ordinary wire egg beater. Add a half teaspoonful of salt and strain it through a fine kitchen sieve.

This may be served at once, plain, or add a tablespoonful of finely chopped parsley.

It should have the consistency of Mayonnaise Dressing. Served warm, never hot, nor never icy-cold. Use on steaks or fish.

Pudding Sauces

THE RORER SAUCE

This makes a good foundation for a number of nice sweet sauces.

Mix thoroughly a level tablespoonful of flour with a half cupful of sugar, add hastily a half pint or one cupful of boiling water, stir until it boils. Add the grated rind of half an orange, boil a minute longer, take from the fire, add the juice of half the orange and pour, while hot, into one egg, well beaten, beating all the while.

It may also be flavored with grated lemon rind and lemon juice, a teaspoonful of vanilla, or a half teaspoonful of vanilla with a dash of nutmeg and a tablespoonful of lemon juice. To make it a little richer, a tablespoonful of butter may be added just before pouring it into the egg.

This sauce can be used for all kinds of puddings.

COLD OR NOGG SAUCE

Beat one egg with two tablespoonfuls of sugar until light, add one cupful of milk, stir, and add a quarter of a nutmeg, grated, or a teaspoonful of vanilla.

Use on tapioca or other hot and cold puddings.

Salad Dressings

SWEET SALAD DRESSING

½ cupful of sugar and
2 tablespoonfuls of water, or
½ cupful of honey
Yolks of 3 eggs
1 cupful or ½ pint of thick cream
4 tablespoonfuls of olive oil
2 tablespoonfuls of lemon juice
¼ teaspoonful of salt

Put the sugar and water, or the honey, in a sauce pan over the fire, stir for a moment until the sugar is dissolved, boil two minutes and pour it over the yolks of the eggs that have been well beaten. Return the mixture to the sauce pan and beat over a moderate fire until it just reaches the boiling point, take from the fire and beat until cold and stiff. Then add the olive oil, a tablespoonful at a time, the lemon juice, the salt, and fold in the cream, whipped to a stiff froth.

This is nice to serve on fruit salads dished on lettuce leaves. Cherries, Maraschino cherries, pineapples, ripe peaches sliced or cut into halves, pared fresh figs and white grapes are the best fruits to use.

FRENCH SALAD DRESSING

To serve six persons, put a half teaspoonful of salt, a half saltspoonful of paprika and a little bit of ice or a teaspoonful of cold water into a small bowl or soup dish, stir until the salt is dissolved. Add four tablespoonfuls of olive oil, remove the ice, add one tablespoonful of vinegar and beat until thoroughly mixed and creamy. *Use at once.*

This is a dinner salad dressing; use for lettuce, endive or other salad vegetables.

Onion, garlic or Roquefort cheese may be rubbed into the oil as a flavoring.

MAYONNAISE

This may be used plain on meat salads, or on tomatoes or celery; but is not nice to serve on plain lettuce. It may also be used as a sauce for cold fish, boned chicken or meat jellies.

Put the yolks of two eggs into a clean cold bowl or soup dish and add a half saltspoonful of salt. With a spatula or silver fork beat quickly and add, drop by drop, three or four tablespoonfuls of olive oil. After the mixture begins to thicken add now and then a drop of vinegar, and continue adding oil slowly until you have a half pint or more of dressing. Add oil to give volume. If, however, a quart of dressing is needed, start with yolks of three eggs.

CREAM MAYONNAISE

Make half a pint of plain Mayonnaise and at serving time fold in one cupful of thick cream whipped to a stiff froth.

This is used for Waldorf and sweetbread salad. It is also nice on chicken salad.

THOUSAND ISLAND DRESSING

Make a plain Mayonnaise and at serving time add four tablespoonfuls of Chili Sauce, one tablespoonful of finely chopped green pepper, one tablespoonful of finely chopped chives, one tablespoonful of Tarragon vinegar, a teaspoonful of onion juice and one sweet Spanish canned pepper cut into small pieces.

This is served on hearts of lettuce.

RUSSIAN SALAD DRESSING

Make Thousand Island Dressing and add a tablespoonful of caviar at serving time.

HUNGARIAN SALAD DRESSING

Make Thousand Island Dressing and add half a teaspoonful of paprika with the Chili Sauce. Stir in at the last minute one hard boiled egg, chopped rather fine.

Serve on hearts of lettuce.

SAUCE TARTARE

Add two olives and one gherkin chopped very fine to plain Mayonnaise. Chop sufficient parsley to make a tablespoonful, rub it until it is almost reduced to a paste, then add it to the other mixture and stir in one tablespoonful of capers.

Serve with cold boiled and broiled fish, lobster cutlets and deviled crabs. Sauce Tartare is also nice served with broiled tenderloin of beef.

SYDNEY SMITH'S CABBAGE DRESSING

1 medium sized potato
4 tablespoonfuls of olive oil
3 tablespoonfuls of vinegar
1 tablespoonful of grated onion
½ teaspoonful of salt
½ saltspoonful of paprika
Yolk of 1 egg

Boil the potato and when done press it through a fine sieve, add to it while hot the yolk of the egg and work in gradually the olive oil, add the seasoning and at last work in the vinegar. Press through a sieve and stand aside to cool.

This is always served with crisp finely shaved or chopped cabbage, or cabbage and celery.

Eggs

If one knows how to poach, shirr, coddle, soft boil and hard boil an egg, many dishes can be made without special recipes, as nearly all the fancy egg dishes are made from eggs cooked in one or the other of these fashions.

Eggs contain from seventy-two to eighty-four per cent. of water and from twelve to fourteen per cent. of *albuminoids*. The yolk is quite rich in fat. They also contain mineral matter and extractives.

Ten eggs, as a rule, weigh a pound, and are equal to a pound of beef, taking it fat and lean.

TO PRESERVE EGGS

Pack them in water glass, not earlier than the first of April nor later than the middle of May.

Arrange them in large stone jars, points down; *cover* them with water glass, put the lid on the jar and stand them in a cool place. They will keep nicely for winter use.

Experiments with water glass have been very successfully carried out, and the eggs found to be in good condition as late as January and February.

Unfertilized eggs will have better flavor than fertilized eggs, and will keep longer.

TO POACH EGGS to serve on toast for either supper, luncheon or breakfast, use a shallow pan partly filled with boiling water and slightly salted. The eggs must be perfectly fresh.

Break an egg in a saucer, slide it into the boiling water, break another, and so continue until you have the desired quantity. Push the pan over the fire where the water will not bubble; with a tablespoon baste the water carefully over the yolk of the egg, not too rapidly or you will tear and break the white. When the white is "set" and the yolk covered with a thin "veil," lift each with an egg slice or skimmer, trim off the ragged edges and slide them on the toast. Dust lightly with salt and pepper and send to the table.

TO POACH EGGS FOR MADE DISHES—have rather a deep sauce pan filled two-thirds full with boiling water; add a teaspoonful of salt. With a spoon handle stir the water into a whirl, break the egg directly into the center, and as soon as it whirls to the side drop in another, and another, until you have the desired quantity or as many as can be conveniently poached in the water. Keep the water whirling, being careful not to break the eggs. This will draw the white around

the yolk, keeping it in the egg shape. These eggs are used for the various made dishes.

For Eggs Norwegian—have ready rounds of toasted bread, buttered and covered with Anchovy Paste. Make Anchovy Sauce and add a dash of lemon juice. Place one poached egg on each round of toast, pour over the sauce, garnish with a strip of anchovy and send to the table.

Eggs Caréme are the same.

Eggs Prescott are round poached eggs placed on thin slices of hot chicken, covered with Sauce Bearnaise.

Eggs Louisiana are round poached eggs placed on buttered toast and covered with Tomato Sauce.

Eggs Richmond are made by putting poached eggs on round fried rice cakes. Cover with Cream Sauce. Cold boiled rice may be made into flat cakes and fried.

Hungarian Eggs are poached eggs served on a platter of boiled rice and covered with Paprika Sauce.

EGGS BÉNÉDICT

Toast rounds of bread or split English Muffins. Butter them while hot, put on top of each half muffin a thin slice of broiled ham. Make a Mousseline Sauce, poach the required number

of eggs. Put an egg on top of each slice of ham, cover with the sauce, dust lightly with very finely chopped truffles and serve at once.

The truffles may be omitted and the egg dusted with chopped parsley, or served plain.

EGGS à la COQUELICOT

Use either "Pyrex" custard cups or ordinary tin timbale moulds.

Open a can of sweet Spanish peppers, lift them carefully without tearing and trim the tops, open them and put one in each cup. Break an egg into each, dust lightly with salt and pepper, stand the cups in a shallow pan of boiling water and cook in the oven until the eggs are "set."

While they are cooking, toast rounds of bread, one for each cup, and make a White Sauce. Put the sauce in the bottom of a platter, turn the contents of the cups onto the toast, place them in the sauce and send to the table.

EGGS MEXICANA

These are frequently called Spanish or Creole Eggs.

Poach the eggs carefully according to the first recipe, put them on rounds of toast and cover with a Spanish or Mexican Sauce.

TO SHIRR EGGS

Heat the required number of individual shirring dishes. Put a teaspoonful of butter in the bottom of each, when melted, break in one or two eggs. Stand them in the oven just long enough for the white to "set," the same as a poached egg; dust with salt and pepper and send at once to the table.

EGGS AU GRATIN

Cover the eggs with a thick layer of grated Parmesan before you put them in the oven to shirr.

SHIRRED EGGS MEXICANA

These are also called Spanish and Creole Eggs.

After the eggs are shirred, garnish with a tablespoonful of Creole Sauce.

EGGS MEYERBEER

To each three persons, allow three lamb's kidneys, split and broiled. After they are broiled, drop them into a Brown Mushroom Sauce.

Shirr the eggs, and when you take them from the oven, put a half kidney on each dish at the side of the eggs and pour over the sauce.

EGGS AU MIROIR

Put one tablespoonful of butter into a "Pyrex" or silver pie dish; when melted, dust it thickly with fresh fine bread crumbs, break on top of the bread crumbs the desired number of eggs and put bits of butter here and there. Stand the dish in a baking pan of hot water and then in the oven until the eggs are "set," like poached eggs. Dust with salt, pepper and a little finely chopped parsley, and send to the table.

TO CODDLE EGGS

Put fresh eggs into a kettle of boiling water, cover and stand on the table for five minutes. The white will be congealed as well as the yolk. Serve the same as plain soft boiled eggs.

It will take one quart of water to each four eggs, if they stand ten minutes; it will take one quart of water to each two eggs, if they stand five minutes. If, for instance, you want to cook six eggs, and your kettle only holds two quarts of boiling water, as soon as you have scalded them, drain off the water, put over again the same quantity of boiling water and let them stand ten minutes.

This is, perhaps, the most desirable way of cooking eggs.

SOFT BOILED EGGS

Drop eggs into a kettle of boiling water and let them stand where they will boil for two minutes. Remove, and serve at once.

HARD BOILED EGGS

The ordinary hard boiled egg is most difficult of digestion, but when eggs are boiled correctly they are quite as easily digested as soft boiled eggs.

Put the desired quantity of eggs into cold water, bring to boiling point, and put them where they will just simmer for a half hour. The yolk and white will both be tender.

DISHES MADE FROM HARD BOILED EGGS

CURRIED EGGS

Hard boil six eggs, throw them into cold water and remove the shells.

Peel and cut into thin slices one medium sized Spanish onion or two white-skins. Put two level tablespoonfuls of butter in a sauce pan, add the onion and cook slowly, without browning, until the onion is soft. Add a level teaspoonful of Curry Powder, one-quarter of a teaspoonful of ground ginger, one-half teaspoonful of salt,

a tablespoonful of flour, mix and add one cupful of boiling water; stir carefully until boiling.

Cut the eggs into slices, lengthwise. Have ready a small platter, the bottom covered with dry boiled rice, making it a little thicker around the edge of the platter than in the center. Put in the center the sliced eggs, strain over the sauce and send at once to the table.

This may be made quite attractive by garnishing the rice with strips of sweet Spanish peppers.

EGGS BEAUREGARD

Hard boil five eggs, remove the shells and separate the whites from the yolks. Put the whites through a vegetable press into a carefully made White Sauce, reheat and pour over nicely toasted buttered bread. Press the yolks of the eggs through a sieve over the top, dust lightly with salt and pepper and send at once to the table.

The edge of the dish may be garnished with finely chopped parsley.

EGGS à la TRIPE

Hard boil six eggs, remove the shells and cut the eggs crosswise in rather thick slices.

Peel and cut into thin slices one Spanish onion or two silver-skins; separate into rings,

cover with boiling water, add a half teaspoonful of salt and boil rapidly ten minutes; drain, cover with fresh water and boil until tender; drain again, and save the water, which should be about one cupful. Add the eggs to the onion, stand them over hot water, and cover, while you make the sauce.

Put two level tablespoonfuls of butter and two of flour in a sauce pan, mix and add the cupful of onion water. Add just a suspicion of nutmeg, one grating, a dash of black pepper and the juice of half a lemon; stir until smooth and boiling. Add two tablespoonfuls of thick cream, the eggs and onion. When thoroughly hot, dish in a small platter and garnish with triangular pieces of toast.

SOME ODD DISHES OF EGGS

It is not the object of this book to give very many odd or curious recipes. The idea is to make the housewife understand that if she knows the foundation of a recipe she can make many dishes by using different garnishings and different manipulations. We have, however, a few odd dishes like Scrambled Eggs or Eggs Broulli, that are easily made and simple.

SCRAMBLED EGGS

Put a tablespoonful of butter into a sauté pan —shallow frying pan. Break into a bowl four or six eggs, add a dusting of pepper, put the egg beater through them once or twice, just enough to break the yolks. When the butter in the sauté pan is hot, turn in the eggs and stir with a fork or spatula constantly until they are "set." Turn at once on to squares of toasted buttered bread and send to the table.

Eggs are better when they are salted at the very last.

Scrambled with Ham, add a half cup of chopped cooked ham to the beaten eggs before cooking.

EGGS BROUILLES (French Scrambled Eggs)

Beat four eggs just enough to mix; add four tablespoonfuls of stock, the same quantity of good cream, one-quarter of a teaspoonful of salt and just a dash of black pepper. Turn them into a sauce pan, stand it in a pan of hot water and stir constantly with a wire egg beater until the eggs are thick and jelly-like.

Serve on toast, or serve on a small heated platter, garnish with toast.

EGGS EN CASSEROLE

1 cupful of rice
1 sweet red pepper
1 sweet green pepper
6 eggs
½ pint of white sauce

Wash the rice, throw it into a large kettle of boiling water, boil rapidly twenty minutes, throw cold water over it and put it back over the stove to steam until you need it.

Chop the peppers. Put the rice in the bottom of the two-quart casserole, add the peppers and a teaspoonful of salt, and break the eggs over the top. Make a White Sauce, pour it over the eggs and rice, and bake in a quick oven about fifteen minutes, until the eggs are "set,"

These may also be cooked in the "Pyrex" pie or shirred egg dish.

EGGS JEFFERSON

Peel small solid tomatoes, scoop out the centers. Put one in each large custard cup, put a piece of butter the size of a pea and a dusting of salt and pepper in each, and bake until soft. Take the cups from the oven and break into each, one whole egg, put a tablespoonful of White Sauce on top, and return to the oven until the eggs are "set." Serve in the cups.

EGGS à la MARTIN

Make a half pint of White Sauce, put half of it in large pie dish, break in four or six eggs, cover with the remaining sauce, dust thickly with grated cheese, and cook in a quick oven about five minutes. Serve in the dish.

For a greater number of Egg recipes, see Mrs. Rorer's book, "Many Ways for Cooking Eggs."

OMELETS

All plain omelets are made precisely the same, and are, perhaps, the most difficult of all things to have well done in an ordinary private house. Failure comes from over-beating the eggs, making them too light, or cooking the omelet too long before serving.

In large families, where a dozen eggs are required, two omelets, rather than one, should be made.

Use a tablespoonful of water to each egg. Do not use milk, as it toughens the omelet and gives an unpleasant flavor.

An omelet pan is a sauté pan, called by many a shallow frying pan. All fancy pans are objectionable to the trained cook. Russian iron, well polished or Pyrex are best. If the pan must be used for other cooking, each time before you use

it for omelet, rub it with salt, using a piece of stiff brown paper, and do not wash it before you put in the butter.

TO MAKE AN OMELET

First put a tablespoonful of butter in the pan, let it heat slowly; draw it to one side of the fire while you break the eggs in a bowl. Give the eggs twelve good vigorous beats, add a tablespoonful of water to each egg, beat again two or three times, add a dash of pepper and, if you like, a tablespoonful of finely chopped parsley. Take the eggs and a limber knife or spatula and the salt to the stove. Draw the pan over the hottest part of the fire, when hot, turn in the eggs, dust them lightly with salt and begin at once to shake the pan, making the omelet move and sort-of fold itself over each time you draw the pan toward you. Lift the edge of the omelet, allowing the thin, uncooked portion of the egg to run underneath, shake again, until the omelet is just "set" and jelly-like. Fold over the side near the handle and turn it out on a heated platter. Send at once to the table.

Sweet Omelets—put jelly or jam in the center of the omelet before you fold it. Dust with powdered sugar.

Serve very hot.

A RUM OMELET—pour rum around a Sweet Omelet, and send it to the table burning. Keep basting and burning until all the alcohol is burned out.

TO MAKE OMELET WITH ASPARAGUS TIPS

Make a good White Sauce and add asparagus tips. As soon as the omelet is dished, arrange the asparagus tips at the ends and pour over the White Sauce.

OMELET WITH PEAS

Have ready a pint of cooked or canned peas, nicely seasoned. When the omelet is turned onto the platter, put the peas around and serve; or pour over the whole a well made White Sauce.

HAVANA OMELET

This is also called Spanish Omelet, Creole Omelet and Omelet Mexicana.

When the omelet is turned onto the platter, put at the ends of the omelet a well made Spanish or Creole Sauce.

OMELET WITH TOMATO SAUCE

Pour Tomato Sauce over the omelet after it is turned onto the platter.

OMELET WITH OYSTERS

Make an Oyster Sauce, and after you turn the omelet onto the platter arrange the oysters around the omelet and pour over the sauce.

Omelet with Ham or Tongue is made by putting a little chopped cooked ham or tongue in the omelet before folding.

QUAKER OMELET

Not an omelet at all but nice where eggs are scarce.

4 eggs
½ cupful of milk
1 tablespoonful of chopped parsley
1 level tablespoonful of cornstarch, or
2 level tablespoonfuls of flour
2 tablespoonfuls of butter
½ teaspoonful of salt
A dash of pepper

Beat the eggs until light, moisten the cornstarch or flour in the milk, add the eggs, salt, pepper and parsley. Put the butter in the large "Pyrex" pie dish or layer-cake pan; when very hot, pour in the mixture and bake in a quick oven fifteen minutes. Fold quickly, and send to the table on the dish. Serve plain, or garnish with Creole Sauce.

A Bunch of Cheap, Palatable and Nutritious Dishes that I Use Myself

POTATO CHOWDER

6 nice potatoes
1 quart of milk
1 tablespoonful of flour
1 tablespoonful of butter
1 tablespoonful of chopped parsley
1 good sized onion
1 teaspoonful salt
¼ teaspoonful pepper

Pare and cut the potatoes into dice. Chop the onion. Put a layer of potatoes in a casserole, then a sprinkling of onion, salt, pepper, and parsley; then potatoes, and so continue until all the materials are used. Add a pint of boiling water, cover and cook in the oven twenty minutes. Rub the butter and flour together, add the milk, stir until boiling, pour it over the potatoes. Stir carefully and serve in the dish. Use as first course for dinner or as a supper dish.

BEAN FLUMMERY

1 cupful of white soup beans
2 tablespoonfuls of butter
1 onion
1 teaspoonful of salt
¼ teaspoonful pepper

Wash and soak the beans over night. Next morning cover with fresh cold water, bring to a boil, drain, throw the water away. Cover with fresh boiling water and cook slowly until tender. Turn them into a casserole, add water in which they were cooked to more than cover, add onion, chopped, salt and pepper. Cover and cook in the oven until they are *very* soft and partly broken. Add the butter and a cupful of milk. When hot, serve. I usually add a teaspoonful of Soy sauce. Serve as chowder.

CABBAGE à la LOUISE

Shave half a good sized hard head of cabbage and soak it in cold water one hour. Drain. Throw it into a kettle of boiling salted water and boil uncovered fifteen minutes. Drain, saving the water for soup. Put the cabbage back in the kettle and simmer a few minutes to dry. Add a half teaspoonful of salt, a dash of pepper, and two tablespoonfuls of butter. Toss and serve.

SPAGHETTI à la CARUSO

¼ lb. spaghetti
10 cents' worth fresh mushrooms
1 small onion
3 cloves or garlic
1 pint strained tomato
2 tablespoonfuls butter
1 teaspoonful salt
¼ teaspoonful pepper

Boil spaghetti for three-quarters of an hour, drain and throw in cold water to blanch. Change the water several times to cool it. Boil the tomatoes and the onion, chopped, and garlic, sliced, slowly until the tomatoes are reduced one-half. Put the butter in a sauce pan, add the mushrooms, sliced, the salt and pepper. Cover and cook slowly ten minutes. Strain tomatoes into mushrooms. Drain spaghetti, add it to the mixture, heat slowly and serve smoking hot.

HUNGARIAN BEAN LOAF

Wash and soak over night one cupful of white beans; drain. Cover with cold water, bring to a boil, drain, throw the water away. Cover them with fresh boiling water and cook until tender. Drain, and save this water for soup. Press beans through a colander. Add to them, a teaspoonful of salt, a small onion grated, a dash of pepper, and two eggs beaten with a half cupful of milk.

Turn this in a bread pan or small baking dish. Stand in a pan of water and cook until set. While this is cooking, boil some artichokes or young turnips, and make the sauce by rubbing together two tablespoonfuls of butter and two of flour. Add a level teaspoonful of paprika, mix, and add a cupful of cold milk. Stir until boiling, add half a teaspoonful of salt. Turn the loaf on to a heated platter. Put the artichokes or turnips around and strain over the sauce.

This takes the place of meat, a starchy and a succulent vegetable. Easy service—the whole "meat" course on one platter.

A JAMBOLAYA

1 cupful of white soup beans
1 cupful grated cocoanut
¼ cupful pecan meats
1 cupful rice
3 sweet Spanish peppers, chopped
1 cupful tomatoes
2 tablespoonfuls of butter
1 teaspoonful of salt
1 onion, chopped

Soak the beans over night; drain. Cover with fresh cold water, bring to a boil, drain and cover with fresh boiling water, and cook one hour or until tender. Add all the other ingredients except the rice. Stir until it boils. Simmer for

twenty minutes while you boil the rice. Serve the rice in border on a platter with the Jambolaya in center.

The "meat" and vegetable course on one dish.

BAKED BANANAS

Peel the bananas, put them on a granite or "Pyrex" dish, pour over each a very little olive oil or melted butter, and bake in a hot oven a half hour or until brown. Serve as a vegetable. Nice with jambolaya or plain boiled rice.

COTTAGE CHEESE

Pour two quarts of boiling water into four quarts of sour milk. Drain, in a bag, over night. To mix, first beat it very light with an egg beater, then add cream to make it a good consistency. If you cannot get cream, use milk and two tablespoonfuls of melted butter. Beat until smooth. Season with salt and pepper, and heap in a serving dish. Stand away for one or two hours to "set."

TO MAKE CHEESE BALLS

When the cheese is dry in the morning, add four tablespoonfuls of melted butter, a teaspoonful of salt and a dash of pepper. Work care-

fully and form into balls the size of an English Walnut. Roll these in chopped nuts and stand in the cold to "set." Serve with the dinner or luncheon salad course.

CRANAPPLE SAUCE

1 quart of cranberries
1 pound of cooking apples
2 cupfuls of sugar
1 quart of water

Wash the cranberries, pare and core the apples; put them in a sauce pan with the water, cover and cook until they are tender. Press through a sieve, return to the sauce pan, and boil for twenty minutes. Stir now and then or it may burn. Add sugar, stir until sugar is dissolved, cook five minutes and put away to use the same as cranberry sauce. This should be like a well made jam. It is excellent and less expensive than cranberry sauce.

Convenient Seasonings

The little things that count

Salt and pepper are but a small part of the seasonings that bid for good cooking. In salads for instance, plain vinegar is correct on tomatoes, but for cabbage and most other green salad vegetables tarragon, garlic or celery vinegars are best. All these may be easily made at home at little cost.

For Tarragon: Put one quart of good apple vinegar in a two quart jar. Purchase a "bunch" of fresh tarragon, wash it well and plunge it in boiling water for at least three minutes. Pick the leaves from the stems, chop them and put them in the vinegar. Fasten the jar and shake every day for two weeks. Strain and bottle.

Celery Vinegar: Put a half ounce crushed celery into a pint of apple vinegar. Bring to a boil, let cool and add another pint of vinegar. Put in a large jar. Fasten and shake every day for two weeks. Strain and bottle. Excellent in cabbage and apple salads.

Mint Vinegar is made the same as tarragon vinegar.

CARAMEL COLORING
For Soups and Sauces

Chop one small onion, one carrot, one clove of garlic. Mash a teaspoonful of celery seed, and cover them with a pint of cold water. Add a teaspoonful of black pepper. Boil slowly until reduced one half. Strain through cheese cloth. Put one cupful of sugar in an iron frying pan; stir it over a good fire until it melts and *burns*. It must smoke and get almost black. Add the seasoned water. Stir until caramel is dissolved. Add a teaspoonful of salt and five drops of Tabasco. Boil a minute and bottle. Use as a kitchen bouquet to color and flavor brown soups, stews and sauces.

SWEET CARAMEL

This is used as flavoring for custards, puddings, ice creams and frostings, and cake fillings.

Burn the sugar as directed in preceding recipe. Add an equal quantity of boiling water. Stir and boil until it is of a cream thickness. Bottle for use. With chopped black walnuts and a teaspoonful of vanilla this makes an excellent flavoring for ice cream.

ORANGE SUGAR

One morning before putting the oranges on the breakfast table, grate from them the thin yellow rind. To the rind from six good oranges allow one pound of fine granulated or pulverized domino sugar. This comes in two pound boxes. Put the sugar in a good sized bowl, add the grated rind, and rub well with a wooden spoon. The sugar should be yellow and moist. Turn it on paper on a tray and stand in a warm place to dry. Put into wide mouth bottles or small jars. Use for cakes, puddings and in recipes where orange would be agreeable, allowing a teaspoonful to each pint of material. It is very nice in white cakes.

Lemon Sugar is made the same.

Vanilla Sugar is made by rubbing the seeds with sugar. Purchase two beans, split them. Put a cupful of sugar on a sheet of paper. Scrape out the seeds from each half bean with a silver knife, putting them right in the sugar. Then rub well together. Rub the pod on the sugar also. A "cleaned" pod will hold sufficient vanilla to flavor several puddings. Save the pod. Put it in a jar and break off a piece when wanted; simply heat it in the milk, and strain it out before adding the eggs. Bottle the sugar for use.

SOUP FLAVORINGS

Keep on the kitchen shelf near the stove, all seasonings and flavorings so that they are at hand when wanted. A bottle of tomato catsup, one of Worcestershire Sauce, one of Oscar Sauce, one of Soy or Chinese Sauce, a bottle of Tabasco, one of West India Sauce and a can of paprika, flavored vinegars, celery seed, salt and pepper. These last six months and are quite inexpensive.

WEST INDIA SAUCE

1 pint of grated raw pumpkin
1 large Spanish onion, chopped
4 "cloves" of garlic, sliced
1 level teaspoonful of celery seed
2 hot red peppers, chopped, seed and all
2 sweet green peppers, chopped
1 teaspoonful of tumeric
1 bottle of Tabasco
1 pint of vinegar

Mix all the ingredients, and put them in a granite or porcelain kettle over the fire. Stir continuously until it boils. Boil three minutes. Bottle and seal. One or two drops will season a quart of soup. One drop for a stew. This will keep until used, four or five months.

CHILI SAUCE

6 large solid tomatoes
½ cupful grated horseradish
1 cupful of vinegar
10 drops Tabasco
1 tablespoonful salt
¼ teaspoonful of curry powder
4 tablespoonfuls of grated onion
3 cloves garlic, mashed

Peel the tomatoes, cut them into halves and press out the seeds. Chop the flesh rather fine and drain it in a sieve. Turn in a bowl, add all the other materials, mix and bottle. Use for Thousand Island and Russian Salad dressing.

A GOOD IMITATION OF WORCESTERSHIRE SAUCE

Add to a pint of apple vinegar, a half ounce of *hot* chopped peppers, "bird" peppers best, three cloves of garlic, mashed, five anchovies, twelve whole cloves, a one-quarter teaspoonful of ground mace, and twelve whole black peppercorns, crushed. Shake, cover and stand aside over night. Next day rub through a sieve, strain again, and add one pint of Soy sauce; put into jars, cover, and let stand ten days. Bottle, cork and seal. Use sparingly in brown sauces and soups or stews.

Waste Not

Core but do not pare apples for sauce. Remove the skins by pressing the sauce through a colander.

Save all bits of bread for cheese puddings and bread puddings, stale slices for toast. Crusts and other bits for crumbs, for beef olives, or *au gratin* dishes. After they are dry, keep them in a jar.

Corn bread or muffins left over should be split and toasted for the next meal.

Bits of stale coffee cake make good Brown Betty.

Cold mashed potatoes make good potato puff.

Cold boiled potatoes use for creamed, hashed, or browned. If only one potato is left baked or boiled, put it in the stock.

If you have celery for salad or to eat raw, use the crisp center. Save the outside stalks for stewing and the green tops for soup flavoring. If you have too many tops to use during the winter, wash them, chop fine and dry in a mild oven. Bottle for summer use.

Use the hearts of lettuce for salads, the outside leaves to be cooked the same as spinach; the middle best leaves to serve under apple, tomato, or celery mayonnaise.

Boil potatoes in their jackets, peel them when done. This saves many potatoes and makes them more tasty.

Use the outside leaves of cabbage for Egyptian rolls; save the hard tender part for slaw, salad, and stewing.

A few turnips left over make a nice cream soup for tomorrow.

Use onions the same, or for Sauce Soubise.

Save every bone, bit of meat, and dish gravy for stock.

Use left-over meats for à la crème, hash, croquettes, or boudins.

Every particle of fat from meats, cooked or raw, may be used for shortening.

I have never purchased a pound of cooking fat in my long housekeeping experience. If you have it left over, make soap.

Use tender meats for roasting, baking and broiling; tough meats for boiling, braising, stewing and chopping.

Use young chickens for broiling, yearlings for roasting, and fowl for stewing.

Use soup meat for curries or jellied meats. Season well.

Reheat cold boiled rice by pouring over it boiling water. Boil up once, drain and dry. If done carefully, one cannot tell it from fresh boiled rice.

Save the water in which all vegetables are cooked, except from potatoes and string beans.

Serve left-over baked beans, cold with tomato catsup.

Use left-over pea or bean soufflé for purée next day. Use stock or milk to thin it.

Never hard boil the whole egg when the yolk only is called for. Separate the egg before cooking, drop the yolk in the half shell into a sauce pan of boiling water, and simmer half an hour.

Use left-over whites of eggs for soufflés, sponges, and in place of whole eggs in corn breads and for cakes and meringues.

Use left-over yolks for sauces or mayonnaise.

Bits of soap may be dissolved in boiling water, and used for dish washing.

Use the tablespoonful of stewed tomatoes left over to flavor a sauce tomorrow.

The few peas left today may be added to tomorrow's stew or omelet.

The bit of omelet left today may be cut into dice for tomorrow's soup.

Purchase large potatoes for baking, medium sized ones for boiling.

Use Spanish onions, raw, for salads, silver or brown skins for boiling.

In fact, waste nothing. Many left-overs are more attractive when re-dressed. Your table is improved without cost.

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